GAMES
AND
GAMES TRAINING
FOR
GIRLS and WOMEN

PUBLISHED BY
THE CENTRAL COUNCIL OF PHYSICAL RECREATION
58, Victoria Street, London, S.W.1.

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FOREWORD

During the past year the demand for " Activities and Games for Use in Girls' and Women's Physical Recreation " published by the Central Council in 1938 and of which three reprints have already been made, has increased rather than decreased ; instead of issuing a still further reprint, the Central Council has decided to publish this new collection of games. It is not presented as a comprehensive handbook nor is it intended to replace the many excellent books which are already available (particulars of some will be found on p. 55) for, in the hands of an able leader, good games never become " out-of-date " ; rather is the aim of the publication, which it is hoped will be of particular value to leaders of recreative classes, to provide fresh ideas. In the training of the leader, however, no written matter can adequately take the place of practical instruction and leaders are, therefore, urged to take every opportunity of attending suitable training courses in games.

THE APPEAL OF GAMES : Not infrequently it is suggested that girls and women do not like playing games but, for the most part, games *do* appeal, always provided that they are suited to the age and ability of the players, and are well presented, taught and organised. Given these provisos, games will be enjoyed, particularly perhaps by those between 14 and 18 years of age for whom they should provide not only training but an outlet for high spirits ; it should, however, be remembered that some young people do not want to play the same games which they played when at school, at any rate not in the same way—they welcome something *new* and in particular a new presentation.

THE VALUE OF GAMES : It is a regrettable but undeniable fact that many of the games played by youth groups in the past had little value as a means of all-round training of the physique, mind and character. This was partly due to indiscriminate or unintelligent choice but partly, too, to indifferent leadership ; with incompetent teaching even a first-class game will become lifeless and uninteresting. There has been a marked advance during recent years, but the standard of games teaching in recreative classes is still, on the whole, not high ; this is borne out by the fact that up to the present the percentage of candidates failing in " Indoor and Playground Games " in the National Test for Leaders of Physical Recreation has been higher than in any other subject. With the steady improvement in the standard of school play, it is more than ever important that the quality of leadership in post-school groups should be raised, otherwise there can be little hope of maintaining interest. It is a mistaken idea that if games are to be recreational the players must be left completely free and unorganised ; young people like doing things well, and every step taken to bring them up to their potential maximum standard will, in the long run, be welcomed. If her presentation of games training is to be stimulating, the leader must be imbued with enthusiasm and a conviction as to the value of games and must herself know what it is to enjoy playing ; then, and only then, will those whom she is coaching find that games are *fun*. She must, also, be quite clear as to her aim or aims in each individual game, in a games session, and in any series of classes for which she may be responsible. Wherever possible games should, of course, be taken outdoors. The following are some of the reasons for which all youth groups are urged to play :—

(*a*) To foster sportsmanship and, whilst giving the individual every opportunity to excel and to develop her own abilities to the maximum, to create social sense through team play.

(*b*) To give general exercise and to train agile and skilful movement.

(*c*) To develop qualities such as alertness and quick mental reaction, concentration, control and accuracy in observation.

(*d*) To serve as training for major games such as hockey, netball, rounders, field hand-ball and stoolball ; this applies to experts as well as to novices.

HINTS TO THE GAMES LEADER

WHEN TO PLAY GAMES :

(*a*) **During a period wholly devoted to games** (see following paragraph).

(*b*) **Before or after a recreative gymnastics or keep-fit class.** In the former case, choose easy games requiring little explanation or those with which the class is already familiar so that late-comers can join in without holding up those who have already started. Individual or small group practices with hand apparatus such as balls, bean bags and hoops are also useful.

(*c*) **During a recreative gymnastics or keep-fit class.** As " breaks", quickly explained games and game-like activities are especially useful in classes for young and energetic girls. Games can also be invaluable at times when something unforeseen occurs ; e.g. the pianist fails to arrive, so making dancing impossible ; an impromptu class has to be taken, etc.

(*d*) **At camps and holiday outings, etc.**

(*e*) **At physical recreation rallies, outdoor games schemes, club competitions, youth parties, and social evenings, etc.**

HOW TO PLAN A GAMES PERIOD : Many leaders who accept the need for carefully preparing a class in recreative gymnastics, keep-fit or dancing, appear to think that little or no preliminary work is required for a games session. This, of course, is an entirely mistaken point of view. Only with preparation and forethought will the games lesson prove wholly successful. The number of practices and games which can be included in a games lesson will obviously depend primarily on the length of time available and on the ability of the class members. If the games period is a regular weekly or bi-weekly event, draw up a progressive scheme in advance for the whole season ; you may later find it necessary to amend it, but it will give you a sound basis on which to work. A period of from half to one hour in length might include :—

(*a*) One or more simple general activities in which all take part. (See Section I).

(*b*) One or more technique practices. (See Section II).

(*c*) A team race (See Section III).

(*d*) A group game (See Section IV).

(*e*) A minor game. (See Section V).

Two specimen games sessions, designed to be a preparation for netball and rounders respectively, are set out on pp. 53 and 54.

HOW TO SELECT GAMES : Here, many factors must be taken into consideration—to mention only a few :—the likes and dislikes of the class members, as well as their age and number ; the size and surface of the playing space ; the equipment available ; your knowledge and the aims which you are setting out to achieve. Try to choose games which provide play for all and avoid that type of game in which a large proportion of the players is quickly " put out",

On looking through a book you may, at first sight, feel that none of the games described is exactly suitable for the occasion for which you are preparing ; this is where ingenuity and initiative are necessary. It is quite legitimate to adapt the rules and method of play of a game in order to make it more suitable : if the floor surface is slippery, walking may have to be substituted for running ; when there are more than the stipulated number of players it may make for better and more even play if it is ruled that they keep to certain divisions of the playing space ; if girls and boys are playing together, rules may need to be altered ; for older or less active players, it is often wise to shorten the course to be run ; while if the recognised equipment is not available, some alteration to a target or in the method of shooting may be necessary. Remember, too, that almost every minor game lends itself to a number of variations—each a game in itself.

GENERAL TEACHING POINTS :

(*a*) Make certain that all necessary apparatus is at hand and, if possible, make any chalk marks which will be needed before the session starts ; wherever possible get class members to assist with this preparation. Be sure that all unnecessary furniture has been removed from the playing space ; if there are any points in the room at which accidents are likely to occur, some form of safeguard must be arranged.

(*b*) In minor games, it is important to mark the boundaries of the playing space clearly—either by chalk lines, chairs or skittles, or rope.

(*c*) In any team race, make sure that each of the teams contains the same number of players ; if they are not even, whenever possible arrange for one player to run twice rather than allow anyone to stand out ; if there are odd players who cannot be drawn into the game, make use of them as course stewards, umpires etc.

(*d*) In games played in files, be sure to tell the players on which side of their teams they are to run up and down and remember that when racing it is easier to run round an object such as a chair or skittle than to touch a chalk line.

(*e*) Explain the start and finish of the game, and the method of scoring, very clearly. Remember, too, to announce the name of the game.

(*f*) Broadly speaking, there are two ways of teaching a new game. Either take it slowly in the first place, teaching each part separately, if necessary at walking pace ; or, alternatively, after giving a very short explanation of the main objects of the game, get the players started and only gradually add the rules, working on a basis of "trial and error". Although no rigid rule can be given, the former method will be particularly appropriate to team races and the latter to group and minor games.

(*g*) Encourage skill and neatness of play besides speed. Stand where you can see all the players and, also, the markings of the court and goals. "Coach" while the game is in progress, both to get a better standard of play and to spur the players to greater effort, but avoid the easily made fault of a non-stop running commentary, which is apt to become tiring and meaningless to the players, besides cramping their initiative. Sometimes, after a period of play give a short constructive criticism and remember that praise, when it has been earned, is in itself an encouragement. Except when formally umpiring a game, do not use a whistle too frequently.

(*h*) Where the players of two teams intermingle in the field of play, one team should wear coloured bands. If braids are not available, some other means of designation may be possible, e.g. "shorts *v.* dresses", "socks *v.* no socks" etc.

(*i*) From time to time change round the players so that all have an opportunity of shooting, defending, etc.

(*j*) At the end of the game announce the winner quickly and decisively ; it is also stimulating to the players to be told the score during the game.

HOW TO ARRANGE THE SCORING : There are various ways in which you can score. Here are three suggestions :—

(*a*) Announce the winning team of each game but make no connection between the various games taken during the evening.

(*b*) Keep the same teams throughout the evening and award points for 1st, 2nd, and 3rd places in each game ; so that all may know the score, it can be chalked on a board or on the floor.

(*c*) Arrange tournaments or competitions. Minor games such as those contained in Section V, as well as outdoor games can be arranged on a tournament basis when once club members have had sufficient practice to reach a fairly high standard of play. Here are two simplified ways of organising competitions of this type :—

(i) **Knock-Out System:** The number of teams, or players—if it is a competition between individuals—if not already a power of 2, i.e., 4, 8, 16, 32, etc., must be made so by means of " byes". For example, if there are 5 entrants the number must be brought up to 8 by giving byes to 3 entrants ; if there are 10 entrants, then there must be 6 byes to bring the total up to 16, and so on. Under this system, all byes are decided in the first series. The best way of determining the order of play is to put the names of all the entrants into a hat or basket. The first 6 drawn (if there are 10 in all) will be given byes, while the remaining 4 will compete in the order in which they are drawn, i.e., 7 *v* 8, and 9 *v.* 10. The following Table illustrates further :—

Number of Entrants.		Number of byes.	Matches in first series.
5	3 short of 8	3	1
6	2 „ 8	2	2
7	1 „ 8	1	3
8	0 „ 8	0	4
9	7 „ 16	7	1
10	6 „ 16	6	2
11	5 „ 16	5	3
12	4 „ 16	4	4
13	3 „ 16	3	5
14	2 „ 16	2	6
15	1 „ 16	1	7
16	0 „ 16	0	8

(ii) **League or " All *v.* All " System** Below is a specimen score sheet. Two points are scored for a win, one for a draw and none for a lose.

NAMES	NAMES Nos.	1	2	3	4	5	6	7	8	TOTAL POINTS
	1									
	2									
	3									
	4									
	5									
	6									
	7									
	8									

NOTES REFERRING TO THE ACTIVITIES AND GAMES DESCRIBED :

(*a*) Although specific equipment has been stated as being necessary for many of the games, if such is not available, suitable substitutes can nearly always be found. The possibilities of adaptation and improvisation are almost limitless and there is no need for any youth club to give up playing games owing to lack of the recognised equipment. To give a few examples only: home-made non-bouncing balls can be used instead of footballs in games where the bounce of the ball is not an essential factor; tennis, rounders and stoolball balls are often interchangeable; in many instances, a beanbag can be substituted for a small ball, and if a beanbag is not to hand some other object—even a soft shoe—may suffice; a hoop can be used as a netball ring. Leaders are referred to "Physical Recreation Equipment—Notes on its Maintenance and Improvisation during Wartime," price 6d. post free from the C.C.R.P.T.

(*b*) The number of players quoted for team races and group and minor games should not be taken as a rigid requirement; most of the games can be adapted for fewer or more players than the number stipulated. As a general rule, if the numbers are very large, it is better, if space permits, to arrange duplicate games rather than having unwieldy teams which will limit activity.

(*c*) The size of the playing area should be adapted to suit the facilities available, and the number and skill of the players.

(*d*) The suggestions made under "Coaching Points" in the minor games are not intended to be comprehensive; only points which are peculiar to the game in question have been included. For the coaching of general technique, leaders are referred to Section II.

(*e*) In the diagrams, the path of the player is shown by a dotted line and that of the ball by a continuous line.

(*f*) It will be noted that one or more of the letters H, L, N, R, S, T, denoting Hockey, Longball, Net Ball, Rounders, Stoolball and Tenniquoit have been placed to the side of the titles of the minor games in Section V. These letters are intended as a guide to leaders wishing to select a game which, in one respect or another, gives training particularly appropriate to these major games. Thus, games marked "N," are specially valuable as preparatories to Net Ball, while those with an "R" beside them are more suitable as a preliminary to Rounders, and so on. It should, however, be remembered that all minor games are a preparation for major games in that they train the general qualities required in the games player.

The games included in this publication have, for the most part, been collected by various members of the staff of the Central Council of Recreative Physical Training. The Council would also like to acknowledge with gratitude the invaluable help given by Miss J. Daniel (Diploma, Chelsea College of Physical Education).

(Signed) *P. C. Colson,*

Organising Secretary, Central Council of Recreative Physical Training.

SECTION I

ACTIVITIES

General activity is taken at the beginning of the games lesson to " start the ball rolling", warm up the players by increasing their circulation, and stimulate interest. Activities should ensure general exercise for all, require little mental effort, be simple to explain and involve a minimum of rules. When the class members are little known to one another, activities in free formation are particularly useful as they afford opportunity for intermingling, while, where it is known that some members are likely to arrive late, it is helpful if the activity taken is of the type into which late-comers can immediately join. Hand apparatus, such as balls, bean bags, ropes, etc., can be used, but numerous activities can be evolved which require no equipment whatsoever ; if equipment is used, it must be given out quickly or else the whole purpose of the activity may be lost.

The leader with initiative will be able to make up any number of original activities and she should also collect ideas from her class members who will enjoy co-operating with her. Below are a few suggestions which, for ease of reference, have been classified according to the primary type of activity involved ; no claim is made that they are wholly original, the aim being to give leaders an idea how, by means of minor adaptations, variety can be introduced.

SKIPPING VARIATIONS

1. **Apparatus and Formation :** One rope, turned across the centre of the room by 2 players.

Activity : Starting from one end of the room the players, several at a time, run through the turning rope and try to see how many runs they can make in a given time, without the rope touching them.

2. **Apparatus and Formation :** One rope (for up to 12) turned by 2 players.

Activity : Two players, one from each end of the rope, run in from alternate sides, join hands, do 4 skip jumps turning, run out forward and join on to the end of the opposite half of the team. The next two run in immediately, and so on.

3. **Apparatus and Formation :** Two ropes turned longways down the centre of the room, both in the same direction, by 3 players.

Activity : Starting from one end of the room, the players, following one another, run through the first rope, jump the second, run round the player turning the rope and line up ready to return in the same way, so describing a figure of eight. On a given signal, they turn and run through and over in the opposite direction.

4. **Apparatus and Formation :** Three ropes parallel to each other across the room and a few yards apart, each turned by 2 players. The remainder of the players in two files behind the first rope. All three ropes are turned towards the files.

Activity : No. 1 in each team runs under the first rope, jumps over the second, runs under the third, races down the sides of the room and touches No. 2 ; each player repeats in turn.

5. **Apparatus and Formation :** One skipping rope between 2 players. Players in couples ; A's in a large circle facing inward, each with a skipping rope ; B's in the centre facing their partners.

Activity : A's start skipping ; each B runs forward and skips with her partner a given number of times, runs out of the rope, counter-clockwise round the outside of all the A's, returns to her partner, does 6 skips with her and takes the rope ; A then runs into the centre and both sit. Repeat with B skipping and A running.

6. **Apparatus and Formation :** One long rope for each group. Players in four files, one at each side of the room with a rope on the floor in front of them.

Activity : All run clockwise or counter-clockwise as directed, round the outside of the room ; on a given signal, all run to their own ropes (they may not cut across the room), two players pick up the rope and turn it while the others skip. The first team to be "all in " scores one point.

JUMPING

1. **Apparatus and Formation :** One short rope or band between 3 players. Each trio stand in a rank facing counter-clockwise, all in one large circle, A and C holding the rope about one foot from the ground, B standing behind it.

Activity : A's and C's swing the ropes backwards and forwards and B's run round the circle leaping over all the ropes in turn.

2. **Apparatus and Formation :** A rope with a weighted end, e.g., a bean bag tied to the end, or with the end knotted, held by one player with the weighted end free ; the remainder of the players in a circle, facing the one holding the rope.

Activity : The centre player turns on the spot, swinging the rope out towards the players who jump the " shot " (i.e. the weighted end) as it comes towards them. If scoring is to be introduced, a player can be made to lose a life each time she stops the swing of the rope.

Variations : Circle players :—

(i) Run clockwise or counter-clockwise, jumping the rope as it comes either towards them or from behind them.

(ii) Face outward or inward and bob jump (low) continuously, taking a higher jump to clear the rope.

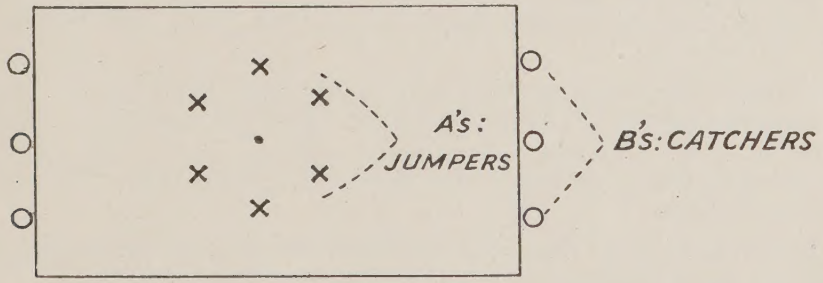
(iii) As in (ii) and, at the same time, pat bounce a small ball continuously.

(iv) Face inward and pass a football round the circle, jumping the rope as it reaches them.

(v) Face sideways and bunny jump over the rope (hands and then feet) as it comes *towards* them.

(vi) Stand in twos, one hand joined, inside player with her back towards the oncoming rope and her partner facing the oncoming rope but *outside* its range. Guided by her partner, the inside player runs backward, jumping the rope.

3. **Apparatus and Formation :** One rope with weighted end. Two teams, each consisting of 6-10 players, A's, the jumpers, standing in a circle round the leader who swings the weighted rope ; B's, the catchers, behind the end lines.



Activity : A's jump the swinging rope ; when one of them stops the rope the leader calls " Go ! " and the jumpers run to touch the side walls (tapes or chalk lines may be used if outdoors) before being caught by the B's. On catching an A, a B must lead her over one of the end lines before attempting to catch another A. When all the A's have either been caught or have reached the sides of the room, the activity is re-started, A's still in the centre. When A's have had several turns as jumpers, the teams change places. The catching team scores one point for each opponent caught ; the team reaching the higher score after being taggers for two rounds, or, alternatively, the team gaining a given number of points first, is the winner.

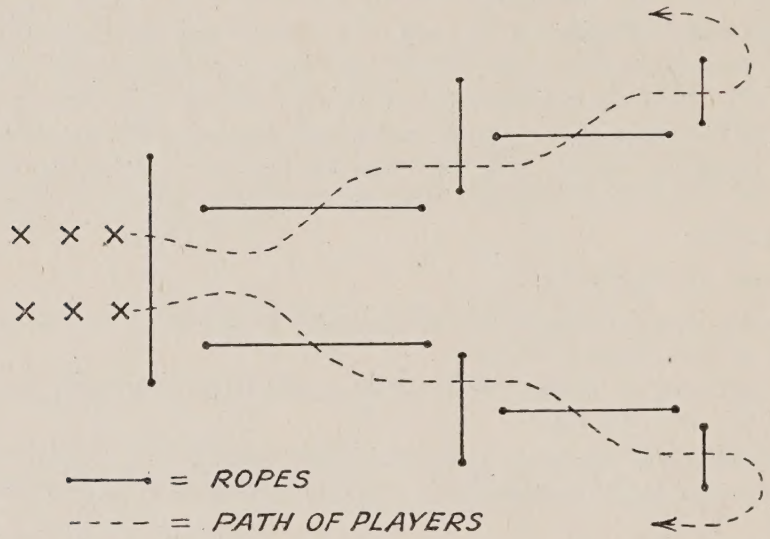
4. **Apparatus and Formation :** One rope and a tennis or other small ball between 4-5 players, 2 of whom hold the rope at an approximate height of 2 feet.

Activity : The jumper, standing sideways to the rope, bounces the ball and, at the same time, fence jumps to the opposite side ; both the bouncing and jumping is kept up without a break until the end of the rope is reached.

5. **Apparatus and Formation :** One rope and two tennis balls between 6 players, 2 of whom hold the rope at an approximate height of 2 feet.

Activity : Two players, starting one from each end of the rope and on opposite sides of it, bob jump from side to side of the rope progressing towards the middle, at the same time bouncing their balls to each other. On arriving at the mid-point of the rope, they turn about and bob jump to the end of the rope bouncing and catching their own balls.

6. **Apparatus and Formation :** In twos in lines behind ropes arranged as in diagram.



Activity : Keeping with partner, all leap ropes in rhythm, doing oblique jump sideways over the long ropes and an ordinary upright jump with a single start over the cross ropes. Rhythm : 1, 2, *over* and—always taking off the same foot, one file starting with the right foot and the other with the left. This activity can be taken to the music of " Here's to the Maiden" (6/8).

MISCELLANEOUS

1. CIRCLE CHANGE.

Apparatus and Formation : One strong rope joined at both ends to form a circle, an even number of players standing holding the rope with both hands, numbered alternately " 1 " and " 2 ".

Activity : All slip sideways to the left. On the 7th count, No. 1's let go of the rope and move two places to their right, travelling behind the No. 2's. Repeat, No. 2's moving, and so on.

Later, the class leader calls the two numbers in any order she wishes, the players responding accordingly.

Variation : Players hold the rope with one hand and skip or run instead of slipping ; they can change places by moving forward or backward as directed.

2. HUMAN TARGET.

Apparatus and Formation : One netball or improvised non-bouncing ball. Players in free formation.

Activity : Any player picks up the ball and tries to hit another below waist level. When aimed at, a player may field the ball with two hands before it touches the floor ; if she succeeds it does not count as a " hit". Play is continuous, any player securing the ball then aiming to hit another. After a given time, the player having been hit the least number of times is the winner or, alternatively, she who has scored the greatest number of hits.

3. OVER AND UNDER.

Apparatus and Formation : One rope, or, if in teams, one for each team. Players in one or more files, holding the rope with their right hands.

Activity : Following the leader of their file, the players skip anywhere. When the class leader calls " Over ! " the players stand still, let the rope drop to the ground, jump over it, pick it up with their left hands and continue skipping ; on the word " Under ! " the players stand still, raise the rope over their head, transfer it to their other hand and continue skipping. If there is more than one file, the team which completes the change of position first scores one point. In this case, all must stand still after having changed sides until the command " Skip ! " is given. If all are in one file, the activity can be taken continuously.

Variations :

(i) Players at either end stand still holding the rope ; all the others, following No. 2, run round No. 1, down the other side of the rope, round the last player and back to their places.

(ii) All turn about, grasp the rope with the other hand and continue skipping in the opposite direction.

(iii) Players at either end of the rope stand still and hold it about 2½ feet from the ground ; all the others crawl under, stand and jump over the rope to their places.

4. BEAN BAG SCRAMBLE.

Apparatus and Formation : Any objects available, e.g., balls, bean bags, bands, etc. spread out down the centre of the room. Players in two ranks, one on either side of the apparatus.

Activity : Each player touches two side walls, runs to the centre of the room and picks up one piece of apparatus ; this procedure is repeated until all the apparatus is collected Each player holds her own apparatus until the activity is finished. The player with the greatest number of objects is the winner.

5. BEAN BAG FEATS.

Apparatus and Formation : Players lined up behind a base line at the end of the room, each with a bean bag.

Activity : Each player moves forward performing various stated " feats " with the bean bag, changing to a new feat on each signal. The winner is the player who reaches the other end of the room first or, alternatively, the one who loses the least number of lives. Examples of possible " feats " are :—carrying the bean bag on the head ; hopping on one foot, carrying the bean bag on the free leg held out in front ; jumping with the bean bag between the feet ; hopping with the bean bag balanced on the other knee bent forward to a right angle.

The feats should either be performed in a given sequence or according to the number called ; if the bean bag falls out of position or the player performs the wrong feat, she must return to the base line or, alternatively, she loses a life ; the bean bag may only be touched by the hand when it is being changed from one position to another.

6. CIRCLE MOUNT.

Formation : One large circle, in twos with waltz grip, straight arms pointing counter-clockwise, A on the inside, B outside.

Activity : All slip sideways round the circle. On the signal, A faces the centre and stands still while B runs once round her partner in a counter-clockwise direction and then round the circle in the same direction ; when she again reaches her partner she circles her and then mounts on her back.

Variation : When B reaches her partner she runs halfway round her counter-clockwise, crawls through her legs and stands in stride standing facing outward. A quickly turns about and mounts on B's back.

FORMS OF TAG

1. **Apparatus and Formation :** Four coloured bands. The hall divided into quarters by chalk lines; four players, i.e., the "catchers", wearing the bands, stand one in each of the quarters and the other players scatter anywhere.

Activity : Each catcher tags as many players as possible within her quarter. When all the players, who may move freely, have been caught, the catchers count the number of players standing in their territory.

2. **Apparatus and Formation :** A coloured band for each player ; one, the catcher, wearing her band and the remainder holding theirs.

Activity : The catcher tags a player who puts her band on and automatically becomes a catcher. The game continues until everyone has been caught.

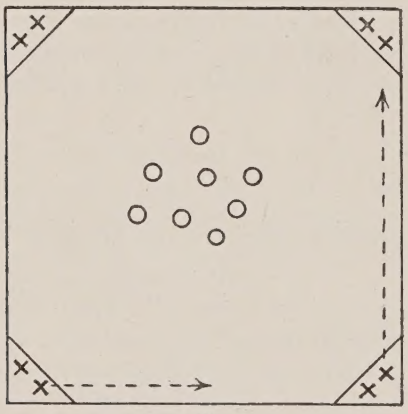
3. **Apparatus and Formation :** One coloured band between 2 players. Players in twos, anywhere in the room, one holding the band.

Activity : The player without the band attempts to catch hold of the band held by her partner who may run anywhere and may " tease " her opponent as much as she likes. When the band is secured, the partners change over.

4. **Formation :** Two " catchers " with inside hands joined and the remainder of the players scattered anywhere.

Activity : Both catchers try to touch a free player ; when either is successful, she becomes free and the player caught takes her place. The winner is the player who has been tagged the least number of times.

5. **Formation :** Two teams, Reds and Blues, each consisting of 6-10 players. The four corners of the room marked off and the players standing as in diagram I.



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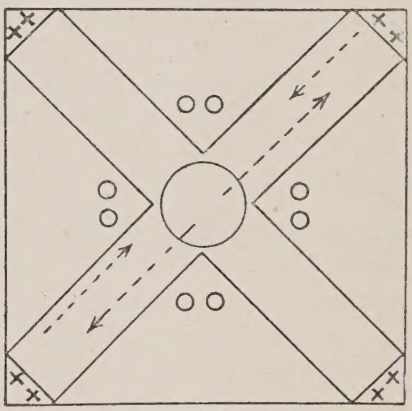


II

X = *RED PLAYERS*

O = *BLUE PLAYERS*

Activity : Reds run between the corners in a counter-clockwise direction (see diagram I). Blues, the taggers, try to catch the Reds as they are between the corners. Reds score one point each time they arrive at a new base. If they are tagged they can either fall out or lose a point.

Variation : Reds run inward to centre circle and back to their own corner keeping between two parallel lines (see diagram II). Either score one point for each run in or out, or one for the return journey. Reds may be tagged whilst within the parallel lines but not when in the circle.

6. **Formation :** In twos, inside hands joined, in free formation ; one catcher.

Activity : The catcher tags as many as possible of the couples ; as soon as one of a couple is touched, both face each other and hold hands. After a set time, the number of arches is counted and another player becomes catcher. The player scoring the greatest number of arches is the winner. *Later*, a couple which has formed an arch may be released by another couple running through ; a released arch does not count a point for the catcher.

BALL HANDLING

1. **Apparatus and Formation :** In twos, facing opposite ways, left hands grasped one holding a small ball.

Activity : Both players run forward, turning counter-clockwise on the spot ; at the same time, alternately, they pat bounce the ball with the palms of their right hands. Later, hold right hands and bounce with left. Score one point for each consecutive bounce ; when the ball is missed, or allowed to bounce twice without having been " patted", counting must start from " one " again.

2. **Apparatus and Formation :** One small ball between two players, each couple behind a chair facing its seat, chairs in free formation.

Activity : Players walk or run, as directed, pat bouncing their balls to each other. On the first signal they continue pat bouncing until they reach any chair and then, standing one on each side of it, they alternately throw the ball so as to make it bounce on the seat of the chair, the opposite player catching it ; on the next signal, they again walk forward ; on the next, bounce on a chair ; so on, until the final whistle. The couple having made the highest total score of bounces on the chairs is the winner. One point is scored each time the ball bounces on the chair *provided* that it is caught on its rebound.

3. **Apparatus and Formation :** Two small balls between 3 players, A, B and C standing in a line, across the room ; A and B facing C.

Activity : B stride jumps on the spot with a rebound, continuously, while A and C pitch (i.e. bounce) their balls to each other through B's legs while they are in the stride position.

Variation, for when there are several groups of 3. After A and C have exchanged their balls 4 times, all 3 players join hands in a line and run, A leading, to the near side wall. A places her hand on the wall and C, followed by B, circle between A's arm and the wall ; A turns and C leads back to the centre of the room. A quickly changes places with B and B and C throw through A's legs 4 times. C then leads to the other side wall and on returning again to the centre C takes the middle place, A and B throwing. B leads to the wall nearer her and the activiry is finished by the 3 players sitting in a rank in the centre of the room in reverse formation, i.e., C.B.A.

4. **Apparatus and Formation :** One small ball between 4 players, B, C and D standing in a circle round A who holds the ball.

Activity : A pat bounces the ball to B, C and D in turn, each of whom pat bounces it back to A. When B receives the ball a second time she pat bounces it towards A, immediately follows it and changes places with A ; B must try to reach the ball in time to pat bounce it to C. On the next round, C and B change places, and so on.

5. **Apparatus and Formation:** One skipping rope and a small ball between 4 players. A and B turn the rope and C and D face each other, one on each side of it.

Activity : While the rope is turning, C bounces the ball *under* the rope to D who, without letting it bounce again, tosses it with the palm of her hand *over* the rope. When the continuity of the bounce and toss is broken, players change places, each couple seeing how many times they can keep up the action.

6. **Apparatus and Formation :** Each team of 6-10 players stand in a close circle, 3 or 4 objects of different types, e.g., tennis ball, large non-bouncing ball and quoit or bean bag, being placed on the floor in front of No. 1.

Activity : The objects are passed round the circle, one following the other as quickly as possible. When "Change!" is called the direction of the passing is changed. On " Run ! " those holding the objects run clockwise round the circle ; on their return, the passing is continued in the same direction. On a Clap, all sit and continue the passing. On " All Change ! " the objects are placed in the centre of each circle and all players run, holding hands in a line with No. 1 leading, to form their circle round the objects left by another group of players. Each player counts the number of times she handles an object and the team making the highest total score is the winner.

SECTION II

GENERAL TECHNIQUE PRACTICES

Whatever the game, whether it be a simple team race, a minor game, or a major game such as hockey, netball or rounders, the players will only enjoy it to the full when they have attained a fair degree of skill. A player who has qualified in one game is nearly always successful in another because her skill is based on certain fundamentals; she has learnt, very largely through experience—that is by practising and playing—how to use the different parts of the body and the various senses so that, co-ordinated, they lead to accurate actions, demanding the minimum of effort. In receiving a ball, for instance, she has so trained her eye to see, her feet to move and her hands to position themselves that a safe catch is ensured. Some players have more natural ability than others, but all need practice. Once they have become skilled in such fundamentals as catching and throwing, fielding, intercepting, dodging, aiming, and hitting, players will be able to learn new games more quickly for they will automatically adapt their fundamental technique to the particular requirements of the game.

In this section, a few suggestions only are given under the various heads. Some of the practices are original, others well known, but the lists should only be looked upon as a guide; it is for the class leader and the players themselves to evolve new practices and variations of ones with which they are already familiar. When practising, players can work individually, in twos, or in groups and when once the fundamentals of the various technique practices have been understood and mastered, competition can, of course, be introduced on an individual, couple or team basis. Where balls are required and there is an insufficient number available for one to be given to each player or couple, the practices can be suitably adapted.

FOOTWORK

Practically every game involves movement of the feet, therefore good footwork is of the utmost importance. When waiting to move, whether to catch, field, bat or run a course, the weight should be over the balls of the feet which should be apart with the knees slightly bent; from this stance, the player can move with the maximum of speed and the minimum of effort. Footwork practices should aim to mobilise and strengthen the joints of the feet and ankles, to train spring, and to result in quick response and co-ordination between mind and action. In springing, timing is an important feature and as a preliminary, the body should be relaxed into a slight crouching position in readiness for the strong extension which will bring about the spring.

PRACTICES:

(*a*) **For mobilising and strengthening the feet and ankles:** Exercises such as those mentioned below, generally taken in the recreative gymnastics or keep-fit class, are useful for this purpose and may, if conditions are suitable, be included in the games training session:—

(i) Small lilting movements, both feet together and toes on the ground, gradually increasing to high springs with rebound. The strong extension in the ankle joint should alternate with complete relaxation, heels being lowered to touch the ground with each rebound.

(ii) Sit with one leg easily crossed over the other; slowly circle free foot, turning it in to start with and then pulling it up and round. Later, sit in long sitting and circle both feet together.

(iii) Stand with one foot on the end of a band placed lengthwise. Keeping the heel on the band "gather" the rest under the foot by means of clawing movements with the toes.

(iv) With bare feet, pick up a small object such as a bean bag or pencil with a clawing action and lift to own hands or toss to a partner.

(v) Walk forward on toes, slowly lowering the heel of the front foot whilst the whole weight is still on it as the back foot is brought through ready for the next step. Best done with a partner supporting.

(*b*) **For training quick response :**

(i) Spring forward with long strides, aiming to cover the course in as few strides as possible.

(ii) Run forward, and on the whistle turn and run in the opposite direction, or run sideways, as directed.

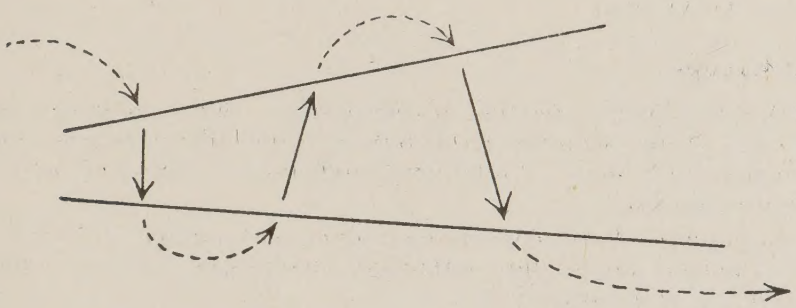
(iii) Run forward, and on the whistle jump and land on both feet or one foot followed by the other, as directed.

(*c*) **For training timing and co-ordination when springing :**

(i) On the run, spring over marked spaces, each being wider than the last. Score one point for standard A, 2 for B and 3 for C.

(ii) On the run, jump to touch three hanging articles, each suspended at a greater height than the last. Score as in (i).

(iii) Run and jump a widening " brook". Later, spring off alternate feet ; this adds difficulty in timing and co-ordination.



(iv) Step quickly from one small chalk circle to another, 6-8 being drawn in all (not in a straight line). Later, run and jump a set obstacle course, e.g., spring over 2 chalk lines, step from circle to circle, jump over rope, run along form and end with high spring.

CATCHING AND THROWING

There are certain fundamental principles which apply to all methods of catching and throwing. In catching, the eye must be kept on the ball, the whole body, and in particular the arms, must " give " so that the ball is received softly in order to prevent it bouncing out of the hands which should be drawn in towards the body as and not after they grasp the ball. In throwing, right stance is of particular importance to enable the weight of the body to supplement the arm movement in a forceful throw. The underarm throw is valuable when only a short distance is to be covered. The overarm throw is best taught in progressive stages. When preparing to throw a right-handed player should place the left foot forward, turn so that the left shoulder points in the direction in which the ball is to travel and swing the right arm straight backward ; the trunk should be turned to face forward as the throwing arm is bent at the elbow and then brought as far forward as possible, close to the ear, before being forcefully straightened to make the throw and the follow through should be in the direction in which the ball has been made to travel. During the preparatory swing the weight is transferred on to the back foot and then, with a thrust off from that foot is carried forward to the left foot, the right finally completing the follow through with a step forward. In addition to those given below, several of the practices included in the Fielding section are also useful as practices for catching.

PRACTICES :

(*a*) **For Individuals :**

(i) Throw or pitch a ball at a wall and catch the ball on the rebound with right, left or both hands. Vary height and distance of throw. (If in twos or threes, one player can throw and another catch.)

(ii) Throw a ball upward and catch with right, left or both hands. Vary as in (i).

(iii) Throw a ball upward and forward and catch it on the run with right, left or both hands. Vary as in (i).

N.B.—1. In all the above, the throw may be under-or overarm.

2. In (ii) and (iii) a quoit may be used if wished.

(*b*) **In Twos :**

(i) Throw and catch over measured distances. A holds a ball or quoit. B stands at a stump or mark 12 feet away ; 4 or 5 other stumps are placed in a line behind B at intervals of 5 feet. A throws overarm to B ; B returns the ball and moves back to the next stump and so on, the aim being to increase the length of throw, and to return the ball accurately.

(ii) Three bean bags or other objects are placed on the ground in triangular formation, 12-18 feet apart. A stands at one bean bag and B at another. A throws a ball (or quoit) to B ; B returns it to A and immediately runs towards the third bean bag trying to catch the ball thrown in that direction by A, before it touches the ground.

(*c*) **In Small Groups :**

(i) Circles of 4-6 players, one ball to each group. Quick underarm throws round the circle. Score one point for each pass ; if the ball is dropped, counting must start again from " one". Later, each circle has two balls. (Useful for training underarm passing.)

(ii) Informal groups of 4-6 players, one ball to each group. " Trick " passing of ball or quoit, i.e., quick, short and unexpected passes, over- or underarm—high, low, and to either side.

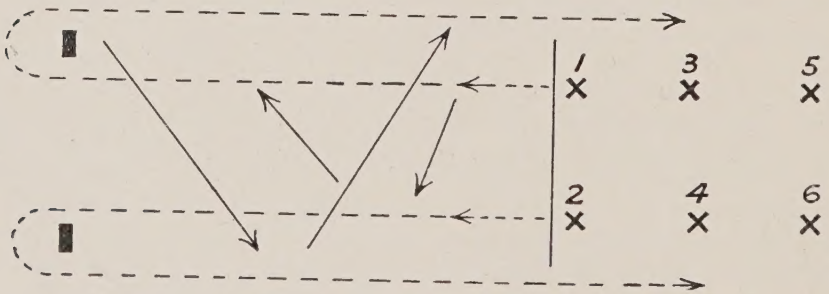
(iii) In lines of threes, each player 8-12 feet away from the next, one ball to each group. A throws underarm to B ; B underarm to C ; C overarm to A. A places the ball on the ground and all change places, A running to B's place, B to C's and C to A's. C picks up the ball on the run and the sequence of throws is restarted immediately.

N.B.—If a quoit is used, the same type of throw is employed for the three throws.

(*d*) **Team Race :**

Under and Over Throw Relay.

Apparatus and Formation : Each team of 4-6 players stands in 2 files, with an object such as a chair (or a chalk mark) some distance in front of them. No. 1 holds a large ball (football, rubber or improvised).



Game : The first 2 players, one holding a ball, run forward. With a short underarm pass No. 1, on the run, throws to No.2, who returns the ball to No.1 ; they then turn outward at the marks and on their return journey make two overarm passes. No. 1 gives the ball to No. 3 who immediately starts the course with No. 4, Nos. 1 and 2 join the end of their files, changing sides. After a second turn, when No. 1 receives the ball from No. 5, she holds it above her head.

FIELDING

Good fielding calls for a high degree of accuracy in anticipation so that the player may know when and in which direction to move; she must learn, for instance, to observe the stance of the batsman which will indicate to her where the ball is likely to be placed. When fielding, beginners should move so that they are behind the ball, hands cupped ready to receive it; when experienced, wide balls, whether they be in the air or on the ground, may be fielded with one hand, but such a method should never be employed until the fundamentals of fielding have been mastered. To secure the ball is not enough; it must be realised that the act of fielding is only complete when the ball has been accurately returned to its objective whether that be a target or another fielder. Players should think of gathering in or catching and returning the ball as one action.

PRACTICES:

(*a*) In Twos:

(i) A pitches or rolls a ball to B, at first directly at her and then to either the left or right, B moves to cover the ball, fields it and returns it with an accurate throw without any break in her action, i.e., the "give" of the hands and arms when fielding the ball becomes the start of the swing backward preparatory to the throw. Later, B runs forward or sideways to meet the ball, fielding it on the run.

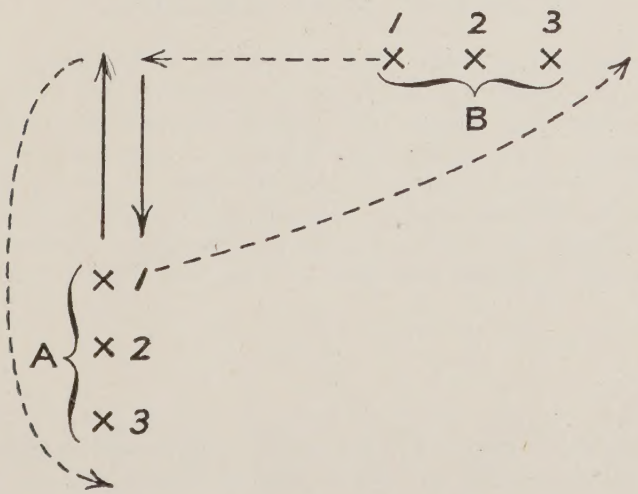
(ii) Partners face each other, both with their backs to a wall or chalk line. A throws a ball so that it bounces between her and B; if the ball passes B and hits the wall or passes over the line, A scores a point. B aims to field the ball so as to prevent it from passing her; immediately she has fielded it, she pitches it, trying to make it pass A. Each player counts her own score.

(*b*) In Small Groups:

(i) Practice (*b*) (ii) under "Catching and Throwing".

(ii) 4-10 players standing round a garden roller or any other object with a curved surface. One pitches the ball on to the roller; as it will rebound in any direction all other players must be alert and on their toes to receive it. The one who has caught it then throws.

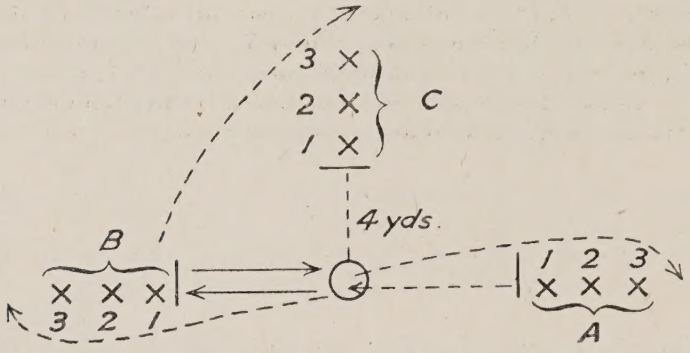
(iii) Two files of 3-4 players stand at right angles to each other as in diagram. A1 rolls a ball forward; B1 runs forward as the ball leaves A1's hand, fields it and throws it back to A2. A1 runs across and joins the end of the B file and B1 joins the end of the A file. All players should roll the ball and field from both positions.



(c) **Team Games :**

(i) **Circle Pass.**

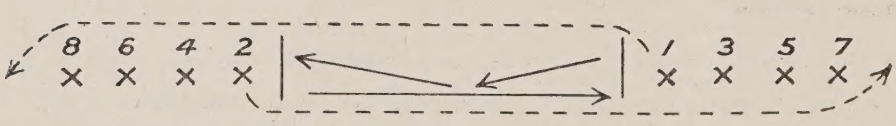
Apparatus and Formation : Each team divided into 3 files (A, B and C) 3-4 players in each, stands as shown in diagram. A small ball is placed in a circle (or hoop) at the mid-point, the first player of each file being 4 yards away from the circle.



Game : A1 picks up the ball on the run, passes to B1 and runs to end of B's file. B1 throws to C1, who has run to the circle to receive the pass ; B1 joins the end of the C file. C1 places the ball on the ground within the circle and runs to the end of file A. A2 then picks up the ball on the run and the sequence is repeated until all are back in their original places.

(ii) **Pitch and Roll Relay.**

Apparatus and Formation : Each team of 6-10 players divides into 2 files which stand facing each other some distance apart. No. 1 holds a small ball.



Game : No. 1 pitches (or throws) the ball to No. 2 and then runs forward and stands behind No. 8. No. 2, keeping her feet behind the line, fields the ball, rolls it to No. 3 and runs forward to stand behind No. 7. The game is continued until all are back in original places, the ball always being pitched or thrown from one side and rolled from the other. The team to finish first is the winner.

DODGING AND MARKING

Good footwork, making possible rapid adjustment of the balance of the body, and concentration and observation leading to continual awareness of the ball and of the positions and actions of other players, are some of the main requirements of effective dodging and marking. The marker must learn to anticipate every move of her opponent and the dodger must use craft and stratagem to outwit the player who is marking her. Both dodger and marker must always be ready to change quickly from the defence to the attack. In addition to the practices given below, those suggested under the Footwork section and any form of Tag (see "Activities") will be found useful.

PRACTICES :

(a) **For Individuals :**

Run fast from side to side of the room or ground and on the whistle stop and dodge quickly from side to side once and then continue running in same direction.

(*b*) **In Twos :**

(i) B in front of and slightly to one side of A. A moves, at first slowly and then more quickly in any direction, and B tries to keep as close as possible to her.

(ii) B stands just outside and with her back to a chalk circle of 3 feet in diameter in the middle of which is placed a bean bag or skittle ; A faces B and tries to snatch the bean bag by dodging, or by drawing B away from her guarding position by feinting.

(iii) A standing about 9 feet in front of B. On the signal, both run in the same direction, B chasing A. Directly A is touched or when the whistle sounds, both partners turn and run in the opposite direction, A chasing B.

(iv) A dodges to get away from B. On the whistle, both players stand still. A scores one point if B cannot touch her ; B scores one point if she can touch A. Repeat, B dodging.

(*c*) **In Small Groups :**

(i) 3-6 players facing a group leader. The leader dodges in any direction and the group " shadow " her.

(ii) 4 players. A runs from one end of the room or court to the other, her aim being to complete the course without touching any small articles such as skittles and bean bags which B, C and D, running forward from the sides of the space, place in her way. A should dodge round rather than jump over the obstacles, and B, C and D must not be allowed to obstruct.

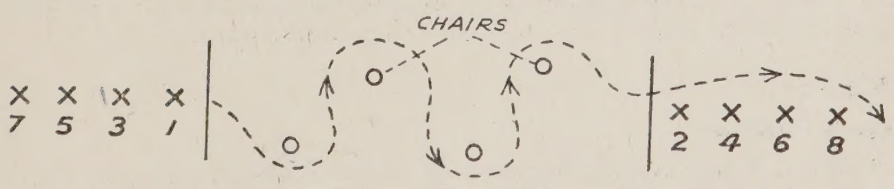
(iii) 5 players in a space approximately 10 by 10 feet. A and B mark C and D respectively and E acts as " odd " man. E tries to tag C or D and A and B prevent her from doing so. When a dodger is tagged she becomes " odd " man and dodgers and markers change places without stopping the practice. This is a vigorous practice which should only be continued for a short while.

(iv) Formation as in (iii), E holding a ball. E tries to pass to C or D (no overhead passing allowed). When A or B intercept a pass all change places and the practice continues without a stop.

(*d*) **Team Games :**

(i) **Dodge Relay.**

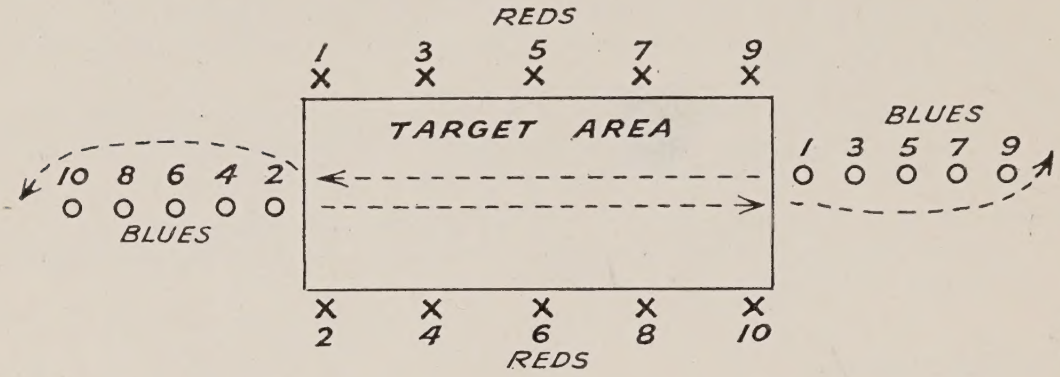
Apparatus and Formation : Each team of 4-8 players divides into 2 half-files odd numbers facing even ; 3 or 4 chairs are placed in the space between them, fairly close together.



Game : No. 1 runs the course, dodging the chairs, touches No. 2 and joins the end of the file. Each player has two turns. When No. 2 is touched by No. 8 after her second turn, she holds up her hand. If any player touches a chair, she must return to her starting point and run the whole course again.

(ii) **Running the Gauntlet.**

Apparatus and Formation : Two teams of 10-14 players. Reds stand behind the side lines and blues divide into 2 half-files, odd numbers facing even. No. 1 blue holds a bean bag and one red player holds a football.



Game : No. 1 blue runs with the bean bag, hands it to No. 2 and joins the end of the file ; No. 2 then runs to No. 3 and so on. Immediately a blue is handed the bean bag she must run forward into the target area. Meanwhile, reds try to hit the blue runner below waist level. If a runner is hit she at once places the bean bag on the floor and the two teams change places, the odds with the odds and the evens with the evens. No. 1 red immediately picks up the bag, returns to the starting line and runs towards No. 2. The aim of the running team is to try and get the bean bag " home " i.e., by the last player running the course and handing the bag to No. 1. Throwers must have both feet behind the line when they aim at the runner.

(iii) **Touch and Hand Over.**

Apparatus and Formation : Two teams of 4-10 players in free formation. One football.

Game : Reds make as many passes as possible. Blues try to touch reds. If a red, whilst holding the ball, is touched by a blue she immediately hands the ball to the blue and the blue team then passes. Running with the ball is allowed, but players should pass the ball as quickly as possible—otherwise they run the risk of being touched. Captains count their score aloud and the team making the greater number of consecutive passes is the winner ; if the ball is dropped, counting has to restart at " one ".

INTERCEPTING

When trying to intercept, i.e., to prevent a moving object arriving at the player for whom it is intended, a fielder must anticipate the direction of its flight and accurately judge the moment at which to move so as to outwit her opponent. This can best be done by looking at the player with the object to be intercepted.

PRACTICES :

(*a*) **In Small Groups :**

(i) In threes, A and B standing in chalk circles 2 feet in diameter and 12-15 feet apart, and C at mid-point. A and B pass a small ball or bean bag to each other ; they may use any type of throw but must have one foot in the circle when receiving the ball. C tries to intercept ; if successful, she takes the place of the player who threw the ball.

(ii) Four players stand some distance apart from one another. A and B, C and D being partners. A holding a quoit, tries to throw it over a short stick held by B. C and D try to intercept the throw. If B catches the quoit, she throws it off the stick back to A. Directly the quoit is intercepted, the couples change over.

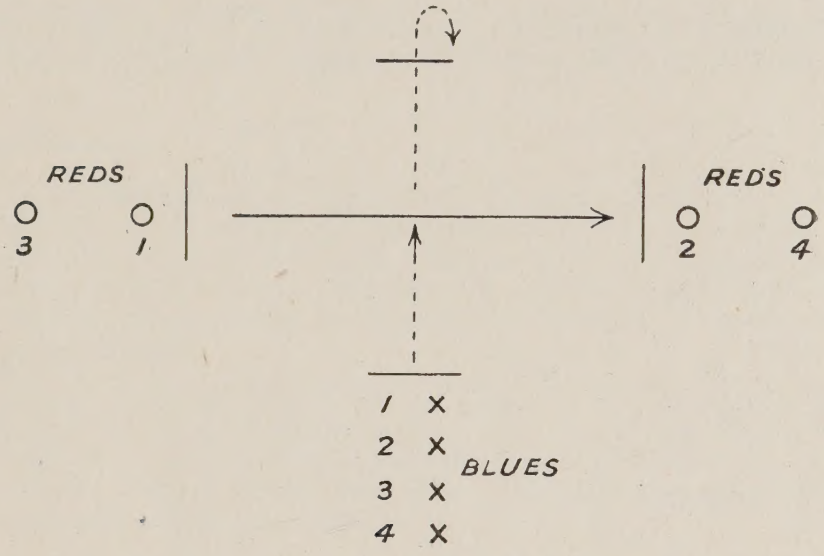
(iii) One ball to five players who stand in a file. No. 1 faces her team some 6 feet away from No. 2 and, with a sling throw, passes the ball to No. 5 who stands 6 feet away from behind No. 4. Those in the middle jump up to intercept the ball as it passes over their heads. When No. 5 receives it, Nos. 2, 3 and 4 immediately turn about and the ball is thrown by No. 5 to No. 1. When the ball is intercepted, the player who catches it takes the place of the thrower.

(iv) Practice (*c*) (iv) under "Dodging and Marking".

(*b*) **Team Games :**

(i) **Gap Catch.**

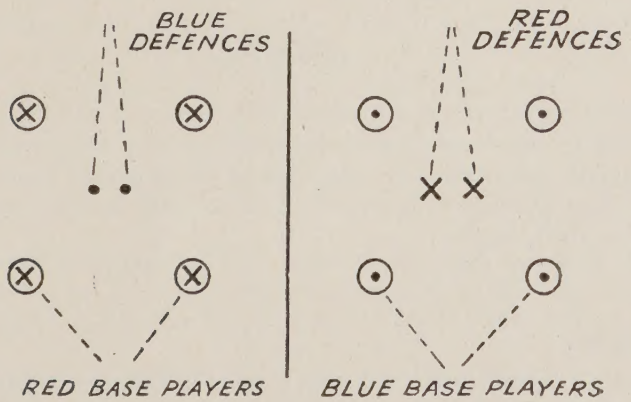
Apparatus and Formation : One football; two teams, each consisting of 4-6 players stand as in diagram.



Game : No. 1 red throws the ball to No. 2 red. Meanwhile, No. 1 blue runs forward, tries to intercept the ball and continues forward and faces the remainder of her team. If she succeeds in securing the ball she throws it to No. 2 red. No. 2 red then throws to No. 3 red who has taken No. 1's place and No. 2 blue tries to intercept, and so on. The number of successful interventions is counted and when all have had a turn, the two teams change actions.

(ii) **Base Passing.**

Apparatus and Formation : One football; coloured bands. Two teams, of 6 players wearing coloured bands, stand as in diagram ; the bases and centre line should be marked as indicated.



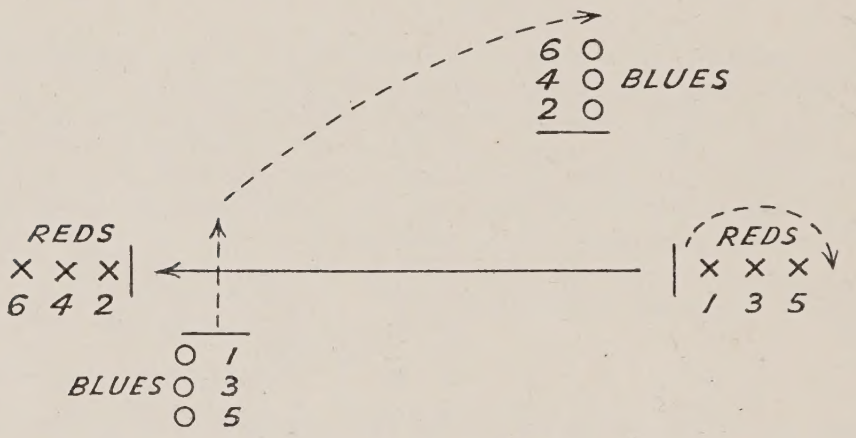
(For description of game see overleaf).

Game : The leader bounces the ball between a defence player of each team, standing on opposite sides of the centre line. Whichever player secures the ball, throws it across to one of her own base players whose aim is to score a " sequence " by passing the ball round their square, i.e., 4 consecutive passes in the same direction, or by two players, adjacent or diagonal, making 4 consecutive passes. The defence players, meanwhile, try to intercept and, having gained hold of the ball, return it to their own basemen. The team scoring the greater number of sequences wins.

The basemen must keep one foot inside the base ; if this rule is broken, the ball is given to the opposing basemen. Defence players may neither cross the centre line nor enter an opponent's base ; for an offence, the ball is given to an opposing baseman.

(iii) **Sprint Intercept.**

Apparatus and Formation : Two teams of 6-8 players. Each team divided into two halves, standing as shown in diagram, No. 1 red holding a ball.



Game : No. 1 red throws to No. 2 red and immediately moves behind No. 5. As No. 1 red throws, No. 1 blue runs forward to intercept the ball on the run. Once No. 1 blue has crossed the line in front of her team she must continue forward at top speed ; if she succeeds in securing the ball she hands it to No. 2 red and then, whether or not she has intercepted, she joins the end of blue's other half-file, standing behind No. 6 blue. No. 2 red then throws to No. 3 red and the procedure is repeated, No. 2 blue running forward to intercept. The practice should be taken twice through before the teams change places so that the intercepters run from both sides ; it should *not* be hurried as it is a practice for timing, not for speed. Score one point for each interception made *on the run.*

AIMING

Accurate aiming is largely a matter of judgment ; it calls for quick observation, steady action, good footwork and perfectly co-ordinated movement. The eye should be kept on the target rather than on the ball or other object being thrown, while the follow through of the throwing arm and the body should be directed towards the target also (see notes on throwing).

PRACTICES :

(*a*) For Individuals :

(i) Roll, throw or pitch a ball towards a small chalk circle drawn at ground level on a wall ; field the ball as it rebounds and roll again. Increase distance away when 4 consecutive points have been scored.

(ii) At increasing distances, pitch a ball at a skittle placed a yard or so in front of the wall; field the ball as it rebounds.

(*b*) In Twos :

(i) A and B, facing each other, with a small chalk circle drawn between them. A pitches (i.e., bounces) a ball to B, aiming to make it bounce within the circle; B repeats. When 4 consecutive balls have bounced *in* the circle, both players move one pace backward. The couple which has successfully pitched at the greatest distance from one another at the finish of the practice is the winner.

(ii) A and B face each other, some distance apart, each behind a line, with a skittle between them. A rolls (or pitches) the ball at the skittle; B fields it and repeats. The couple gaining the greatest number of hits is the winner.

(iii) A stands behind a basket or circle; B, from a set distance, throws a bean bag or ball into the basket or circle and A returns it. After a given number of turns, partners change places. Score one point for each successful throw.

(*c*) In Small Groups :

(i) 4-6 players stand outside a chalk circle, in the middle of which a skittle is placed. A ball is thrown across the circle from player to player; on the signal, the player holding the ball aims at the skittle. Whether or not the skittle is hit, the game continues without a break. The group scoring the greatest number of hits is the winner. Alternatively, the throw at the skittle may be made after each 3 consecutive passes.

(ii) 3 players, A holding a ball, B holding a hoop at shoulder height on one side of her approximately 8-16 feet away from A, C standing on the opposite side of the hoop to A; A aims at the hoop, throwing over-or underarm as directed; C fields the ball and throws back to A. After several turns, players change places, each keeping her own score.

(iii) 3 players, A standing guard in front of a rectangle drawn on a wall (approximately 12 feet long by 2 feet deep and 5 feet above the ground), B facing the wall 6-10 feet from it and C some distance behind or to one side of B. C throws to B who immediately aims to hit the wall, inside the marked area. A tries to intercept the throw. After B has aimed 6 times, players change places, each keeping her own score.

Variation : Four chalk circles, 18-20 inches in diameter are drawn on a wall, one being 7-8 feet from the ground, two 5 feet and one 3 feet. Players positioned as above, A aiming at a circle specified by the leader. If desired, the circles can be called by letters, colours or compass directions, the leader calling out the name of the circle at which A is to aim just as the ball leaves C's hand.

(iv) One netball ring or improvisation and one football for 4 players. From a given mark (position should be varied after each round), each player shoots in turn, whilst the other 3 stand round the post ready to jump for the ball if the shot is unsuccessful. Players score 2 points for each goal they shoot and 1 each time they succeed in holding the ball after having jumped for it.

(*d*) Team Games :

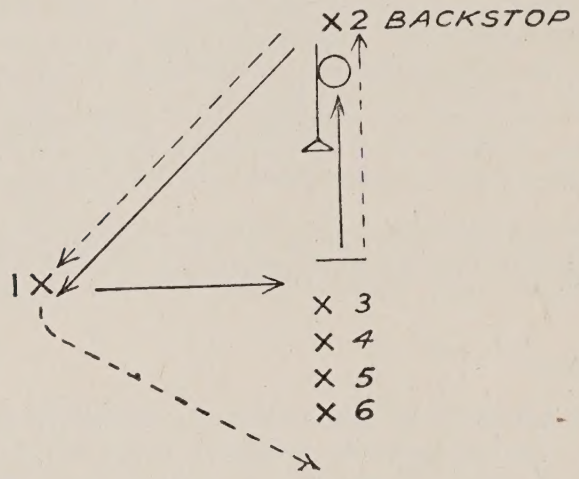
(i) Circle Throw.

Apparatus and Formation : Each team of 4-8 players, stands in a circle round a basket. Three chalk circles, of increasing diameter, are marked round the basket. Each player holds 3 bean bags or other small objects.

Game : Working at the same time, each player aims to throw her bean bags into the basket, one from each circle. If she misses she tries again, and continues until successful. The team first having all the bean bags in their basket is the winner.

(ii) **Bowl and Throw.**

Apparatus and Formation : Each team of 4-8 players stands in a file 25 feet away from a hoop tied to a post between head and shoulder height. No. 1 stands on the left of and some distance away from the starting line and No. 2, standing on the far side of the hoop, serves as backstop. No. 3 holds a small ball.



Game : No. 3 bowls underarm and according to Rounders rules, through the hoop and to No. 2 and then runs to No. 2's place ; No. 2 catches the ball and throws to No. 1 who at once throws to No. 4 ; No. 2 meanwhile runs to No. 1's place and No. 1 to the end of the file. The game is continued and the first team to be back in their places is the winner. Alternatively, this game can be taken for style, i.e., vary type of bowling from swift to slow, dropping balls.

(iii) **Catch and Shoot.**

Apparatus and Formation : Each team of 4-6 players stand in a file, No. 6 on the far side of two ropes tied across the room at netball ring height (the ropes are side by side, not one under the other), Nos. 1-5 behind a starting line approximately 20 feet from the ropes ; a shooting line is drawn parallel to the starting line 5 feet in front of it. No. 6 holds a football.

Game : No. 6 throws to No. 1 who runs forward to receive it on the shooting line. No. 1 shoots, No. 6 catches the ball and throws to No. 2, No. 1 takes No. 6's place and No. 6 joins the end of the file. The team scoring the greater number of goals is the winner ; the practice should *not* be raced.

HITTING

The first essential of accurate hitting is to keep the eye on the ball from the moment it has started on its flight towards the batter until it is actually hit, for correct timing has much to do with the force of the stroke. Stance is also an important feature in that it is not only the foundation of a good stroke, but also affects the placing of the ball. The hitter should stand sideways, with the left shoulder pointing in the direction in which the ball is to travel ; the feet should be easily apart and the body poised for action. The hitting implement, whether it be a stick or racquet should be gripped lightly at first and then, when contact is made with the ball, firmly but without tension and it should be used as if it were part of the arm ; with a preparatory swing backward of the arm slightly bent, the weight is transferred on to the back foot, so that the weight of the body may be put into the hit, the arm and body following through in the direction in which the ball is to travel. In arranging hitting practice, great care must be taken to ensure safety ; players must be well positioned and the practices properly organised and controlled. The hand may, in many practices, be used instead of a stick or bat ; this is a particularly suitable arrangement for indoor practice.

PRACTICES for Individuals, Couples or Groups :

(*a*) For eye training so that the ball may be watched on to the hand or stick :

(i) Pat bounce a small ball downward with stick or left and right hands alternately vary height of bounce.

(ii) As in (i) but pat the ball upward.

(iii) As in (i), alternately upward and downward.

(iv) As in (i), (ii) or (iii) on the move—at first walking and later running.

(v) Pat bouncing between two players; at first allow the ball to bounce twice before returning it and later pat back to partner immediately. See which couple has highest score of consecutive bounces.

(vi) One ball and one stick for each group of 3 players. A backstop stands immediately behind a batsman, the bowler being 25 feet away from the batsman. The bowler bowls with correct action and according to Rounders rules; the batsman, standing with her left shoulder towards the bowler stops (not hits) the ball with her stick, the aim being to watch the ball right on to the stick. After 6 good balls, players change places.

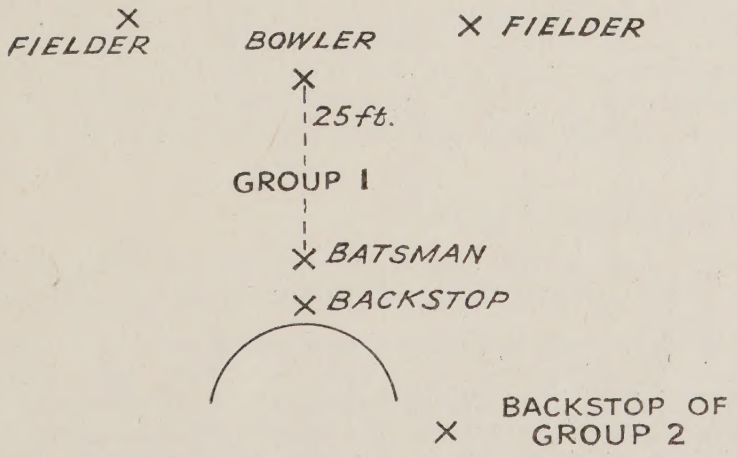
(*b*) For training adjustment of the stance so that the ball may be placed in any direction :

Stand sideways, left shoulder towards wall. Throw up ball with left hand and hit with right hand, practising placing it in different directions by altering the stance so that the left shoulder is pointing towards the direction in which the ball is required to travel. Let ball bounce on its rebound and hit again. Later use a stick or bat. Aim to hit ball accurately rather than strongly.

(*c*) For training the specific batting action of the game to be played :

(i) Each player with a stick or bat. Practice preparatory arm swing and follow through appropriate to various games ; for Rounders, the hit should be downward on to the imaginary ball so as to avoid hitting catches.

(ii) In groups of 4 or 5, one backstop, one bowler, one batsman and one or more deep fielders. The backstops of each group stand on the circumference of a circle, backs to the centre and some distance away from each other; each batsman stands just in front of and back to her own backstop ; bowlers face the batsmen at a distance of 25 feet and the two deep fielders stand either side of the bowler, some way away from her.



Batting practice, the batsman varying her stance in order to place her hits in different directions. After 6 good balls, players change places.

SECTION III

TEAM RACES

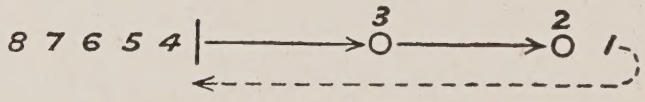
An infinite variety of team races can be invented by the resourceful leader. When desired, such games should be adapted to make them effective and purposeful as practice in a specific aspect of games training ; the leader should, however, guard against making the race too complicated as, generally speaking, players will gain more activity and practice from the simpler forms in which their turns occur more frequently. In team races, it is particularly important to see that the course is clearly indicated and that the conditions are fair for all. Variety of formation should be considered as well as variety of activity ; many leaders appear to think that a team race must necessarily be taken in files, but there are many other useful formations as will be seen from the following examples. There are, also, various methods of scoring ; for instance, points may be given for skill, accuracy or speed, the individual may score on behalf of the team, the team as a unit may score, or the knock-out method of competition may be used on either a team or individual basis.

FILES

1. BALL AND HOOP RELAY.

Apparatus : Two hoops and one ball for each team.

Formation : Each team, of 6-10 players, stand in a file behind a chalk line ; in front of each, two hoops are held at shoulder height, a few yards apart. No. 1 stands facing her team on the far side of the second hoop. No's 2 and 3 hold the hoops, standing sideways to the file ; No. 4, standing behind the starting line, holds the ball.



Game : No. 4 throws the ball, trying to make it pass through both hoops ; she then runs and takes No. 3's place, No. 3 takes No. 2's and No. 2 takes No. 1's. Meanwhile, No. 1 fields the ball, runs and gives it to No. 5, who has moved up to the starting line, and then runs to the end of the file. The game continues until No. 1 is back in her starting position ; No. 4 holds up the ball, having received it from the last player.

Scoring : Three alternative methods :—

(*a*) The player throwing the ball scores one point for each hoop through which it passes ; the points scored by all players in the team are added together.

(*b*) The team with the highest number of points scored as in (*a*) is awarded 2 marks for every team competing, the next 2 less and so on. Thus, if four teams are competing, the winning team will gain 8 points, the next 6, the next 4 and the last 2, while the team which finishes first receives half the above marks, e.g., 4, the second 3, and so on. The marks gained from both sources are added.

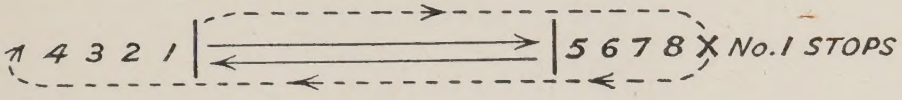
(*c*) Each player has two tries to put the ball through both hoops ; if she fails the second time, she is out. The team which finishes first with the greatest number of players left in is the winner.

FILES DIVIDED INTO TWO

2. THROW AND RUN RELAY.

Apparatus : One ball for each team.

Formation : Each team, of 8-16 players, is divided into two sections which face each other. No. 1 holds the ball. (See diagram for team of 8).



Game : No. 1 throws the ball to No. 5 and then, followed by the rest of her half of the team, runs round the opposite half ; No. 1 remains behind No. 8, so that No. 2 will now be the leader of her half-team. No. 5 throws the ball to No. 2 and then, followed by her half-team, runs round the other half and remains behind No. 4 ; the rest of the group continue back to their places, No. 6 being in front. The game continues until all are back in their correct order, but on the opposite side to which they started. The ball is thrown to No. 1 who holds it above her head.

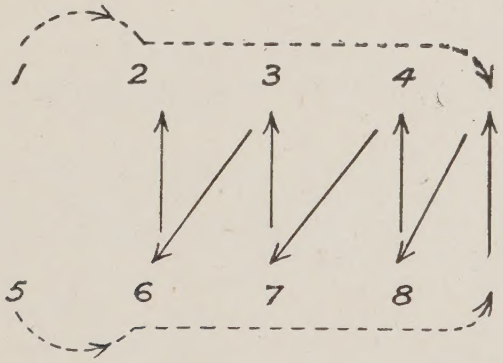
N.B.—If there is an odd player, e.g., No.'s 1-4 facing No.'s 5-7, at the finish No. 1 will be in possession of the ball and no extra throw will be needed.

RANKS

3. BACK-TO-BACK RELAY.

Apparatus : One ball for each team.

Formation : Each team of 8-12 players, is divided into two ranks which stand facing each other at a given distance, No. 1 holding the ball. (See diagram for team of 8.)



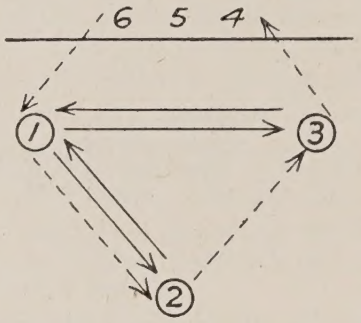
Game : No.'s 1 and 5 turn outward and stand behind and back to back with No.'s 2 and 6 respectively. No. 1 passes the ball through her legs and through those of No.'s 2, 6 and 5. No. 5 fields the ball, calls " go ! " and she and No. 1 run to stand beside No.'s 8 and 4 respectively. The ball is then passed in a zigzag direction from No. 5 to No. 1 to No. 8 and so on until No. 2 receives it. All move up and No.'s 2 and 6 then repeat ; the game continues until all are back in their places and No. 1 receives the ball.

TRIANGULAR

4. TRIANGULAR THROW.

Apparatus : One ball for each team.

Formation : Each team of 6-10 players, is arranged as shown in the diagram, No.'s 1, 2 and 3 standing in small circles and the remainder of the team lined up behind a chalk line parallel to the base of the triangle formed by the circles. No. 1 holds the ball.



Game : No. 1 throws the ball to No. 2, who returns it ; No. 1 then throws it to No. 3 who returns it. No. 1 then places the ball on the ground, calls " change " and moves to No. 2's circle ; at the same time, No. 2 moves to No. 3's circle, No. 3 runs to stand behind No. 4 and the last player in the team moving forward to No. 1's circle, picks up the ball and throws to No. 1. The first team to finish with No. 1 back in her starting place and holding up the ball is the winner.

Variation : The throwing takes place as above, but continues until the class leader calls " change ! " ; the change is then made as before except that if No. 1 or No. 2 is holding the ball, they run to their new place *with* the ball, while if No. 3 is holding it, she waits until the last player (i.e., No. 6 in the diagram) has reached her new place and then throws her the ball. The game is continued thus until No. 1 is back in her original position.

Scoring of variation : Each team counts the number of passes made, the team with the highest number being the winner. No pass counts if it is made after the call " change", until the players have taken up their new positions.

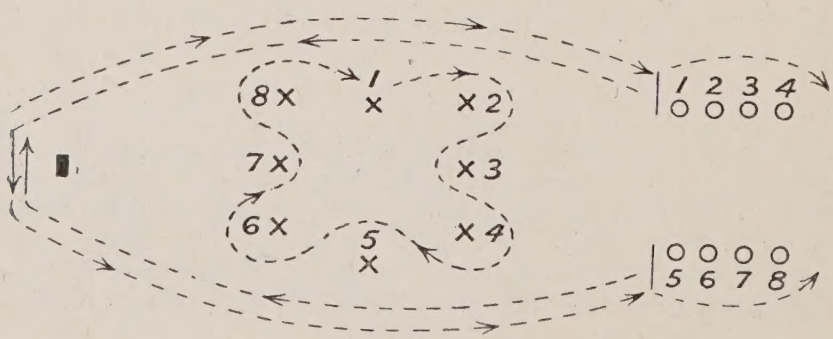
This game is a good practice for Triangular Rounders.

ONE FORMATION *v.* ANOTHER

5. EXCHANGE *v.* PASSING.

Apparatus : Two balls of different sizes ; and one bean bag for each team ; one chair or other object.

Formation : Two teams of 6-8 players. One team divided into halves stands in two files, while the other team stands in one circle. No.'s 1 and 5 (if 8 in a team) in the files hold the balls and No. 1 in the circle, the bean bag. An object such as a chair is placed on the opposite side of the circle to the files.



Game : No.'s 1 and 5 run to the far side of the chair, exchange their balls with a throw, run back to their own places, *give* the balls to the No.'s 2 and 6 and run to the end of their own files. When No.'s 1 and 5 again receive the balls, they call " stop ! " Meanwhile, No. 1 in the circle team (holding the bean bag) zigzags round her circle, passing first behind No. 2 ; when she gets back to her place, she gives the bean bag to No. 2, who repeats the zigzag run. When No. 1 receives the bean bag again, she calls " stop ! " The team first to call " stop ! " is the winner.

N.B.—The size of the circle and the length of the course must be adjusted so that either side has a fair chance of winning.

SMALL CIRCLES

6. SHOPPING.

Apparatus : Four objects of any suitable kind for each team.

Formation : Each team, of 4-8 players, sits in circle formation, the players being numbered 1, 2, 3, etc. The objects are named A, B, C and D or, alternatively, given the names of shops, e.g., grocer, baker, etc., and are placed in the centre of the circle.

Game : The class leader calls out a number and a letter, e.g., 3.A.; No. 3 gets up, picks up object A, runs round her team, replaces the object, returns to her place and sits. The first player to be sitting receives a point and the team scoring the highest number of points is the winner.

Variations :

(i) The objects are lettered, each letter having a different meaning, e.g., A—skip ; B—zigzag ; C—run, etc.; the players then travel in the manner directed.

(ii) Each object is given the name of a shop. The class leader calls out a number and the name of some article to be found in one of the shops ; the player must pick up the appropriate object, i.e., that representing the grocer's shop if " macaroni " is called.

LARGE CIRCLE

7. CAT AND MOUSE VARIATION.

Apparatus : None.

Formation : Four teams, of 5-8 players ; three of the teams form a circle, standing in any order, and the players of the fourth stand inside the circle—these are the mice. One player from each of the teams forming the circle stands outside the circle and these three represent the cats.

Game : The mice aim to run from the inside of the circle, round any player standing in the circle and back into the centre without being caught by a cat. After a given time, the players of another team become the mice.

Scoring : Two alternative methods :—

(i) A time limit is given, at the end of which the mice add up the number of successful journeys, the team scoring the highest number being the winner.

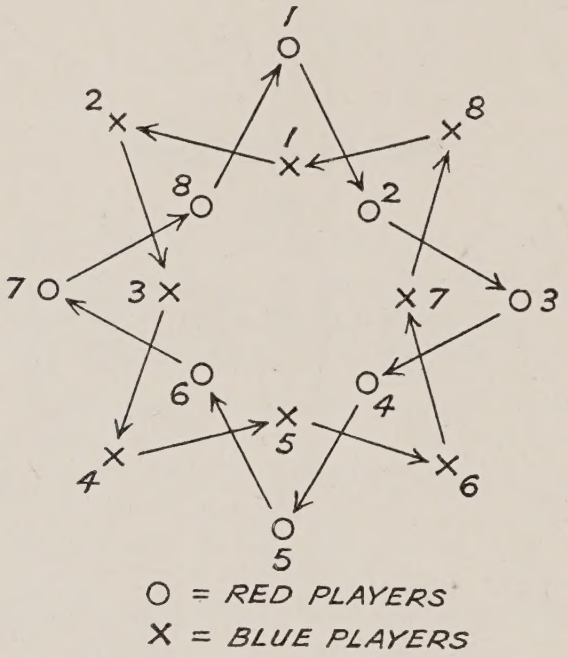
(ii) When a mouse has made three successful journeys, she sits on the ground and the number of mice sitting is counted when time is up.

CONCENTRIC CIRCLES

8. ZIG-ZAG CIRCLE PASS.

Apparatus : Two balls.

Formation : Two teams of 8-16 players, form two concentric circles facing each other, the players in both circles being alternately members of the two teams, i.e., reds and blues. No. 1 of the red team stands in the outer circle and No. 1 of the blue team in the inner. The two No. 1's hold the balls.



Game : Blue No. 1 throws her ball counter-clockwise to the blue No. 2, standing in the outer circle, who throws it to the blue No. 3 in the inner circle and so on. At the same time, red No. 1 starts her ball travelling in the same manner but clockwise, the first throw being to a red player in the inner circle. The game continues until the balls are returned to the No. 1's who hold them above their heads. If numbers are small, 2 or even 3 consecutive rounds should be made.

STAR

9. STAR BOUNCE.

Apparatus : One ball for each team.

Formation : Each team of 4-8 players, stands in a rank, forming one " spoke " of the star ; No. 1 of each team is at the centre of the star.

Game : No. 1 pat bounces the ball once ; No 2 takes it on the rebound and pat bounces it twice ; No. 3 receives it from No.2 and pat bounces it three times, and so on till it reaches the last player. She then pat bounces it the appropriate number of times, catches it, runs round the star in the direction in which the teams are facing, back to the end of her team, up in front of her team and takes No. 1's place, all other players moving down one place. The game is repeated until No. 1, back in her place, holds up the ball.

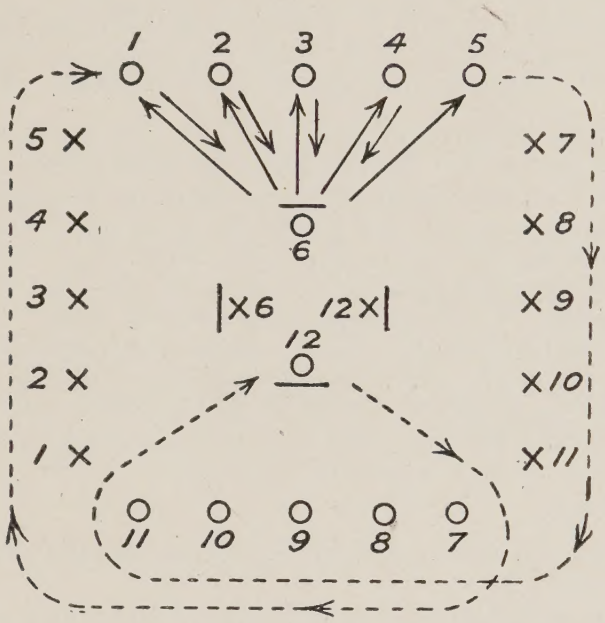
If the ball is missed, it must be fielded by the player responsible and she must do all her pat bounces again.

SQUARE

10. SQUARE SPRY.

Apparatus : Two balls for each team.

Formation : Two teams of 8-12 players, each divided into two halves, form the four sides of a square, the two halves of each team being at opposite sides of the square. The last player of each half-team stands in the centre of the square, facing her half-team. (See diagram for teams of 12.)



Game: No.'s 6 and 12 in each half team throw the balls to No.'s 1 and 7 respectively who return them ; No.'s 6 and 12 then throw to No.'s 2 and 8 who return them, and so on until No.'s 5 and 11 receive the balls. Holding them, No.'s 5 and 11 then run clockwise round the outside of the square, passing two sides, and into the centre of the square, No. 5 taking No. 12's place and No. 11 taking No. 6's place. No.'s 6 and 12 run out of the circle, pass behind their own half-team, continue clockwise round the square, join the opposite half of their team, No. 6 standing beside No. 7 and No. 12 beside No. 1. No.'s 5 and 11 start throwing to No.'s 6 and 12 immediately these players are in their new places and the game continues until No.'s 1 and 7 are back in their places. All sit. The team of which both halves are sitting first is the winner.

INFORMAL FORMATION

11. PAT AND BOUNCE.

Apparatus : One tennis or rubber ball for each player, a number of obstacles, e.g. chairs, skittles.

Formation : Each team of any number of players, stands in free formation and the obstacles are placed anywhere in the room.

Game : Each player pat bounces her ball ten times on the spot and then runs completely round any three obstacles, holding the ball in her hand. She then repeats the pat bouncing and runs round three more obstacles, excluding the last obstacle used. She repeats the pat bouncing again and sits. The class leader calls " stop ! " at the end of a given time, and one point is scored for her team by each player who is sitting. The team scoring the greatest number of points is the winner.

SECTION IV

GROUP GAMES

DUCKSTONE

Apparatus : One bean bag or non-bouncing ball for each player, and one cardboard box, or two whole bricks.

Formation : 6-20 players, each with a " duck", i.e., a bean bag, stand behind a base line. A duckstone (cardboard box or two bricks) is set up centrally some 15-20 feet from the base line and one player, the tagger, places her " duck " on the duckstone.

Game : The players behind the line throw their ducks at the duckstone, attempting to hit it or knock the duck off it. Having thrown her duck, a player tries to retrieve it and get back to the base line without being touched by the tagger. If a player is touched, she becomes the tagger and places her duck on the duckstone, and the previous tagger collects her own duck and joins the other players behind the base line. Players may throw in any order and more than one at a time, but they must have both feet behind the base line. The tagger may only touch a player when the latter has retrieved her duck and then only provided the duckstone is at *that moment* intact ; if the duckstone is knocked over, the tagger must immediately rebuild it.

Players score one point each time they hit the duckstone and one each time they succeed in retrieving their ducks and returning to the base line without being tagged. The player scoring the greatest number is the winner.

Coaching Points :

(i) When advancing to retrieve their ducks, players should keep to the sides of the playing space.

(ii) Base line players should work in with one another so that not all throw at the same time.

(iii) Feinting when retrieving the ducks should be encouraged.

" STAND TO ! "

Apparatus : One football or large rubber ball.

Formation : 8-12 players, numbered, stand in free formation.

Game : The class leader throws the ball vertically upward and, at the same time, calls a number. The player whose number has been called tries to catch the ball before it touches the ground ; if she succeeds, she at once throws it up again and calls another number, and so on. If the ball drops to the ground, the player who has failed to catch it fields it, stands still and immediately calls " Stand to ! " All then stand still and, in order to avoid being hit, twist and turn their bodies without moving their feet, while the player with the ball throws it to try to hit someone below waist level ; if she fails, she loses a life and must refield the ball, again call " Stand to ! " and re-aim, and so on until she succeeds, every miss counting as a life lost. When a player is hit by the ball, she fields it, throws it vertically upward, calls a number, and the game continues. Players lose a life each time they break a rule, fail to hit someone when they are aiming with the ball, or are hit when being aimed at. The player losing the least number of lives is the winner.

Coaching Points :

(i) The player fielding the ball should call " Stand to ! " loudly so that all may hear.

(ii) Players must stop immediately they hear " Stand to ! " called but may move freely directly the player aiming at them has thrown the ball.

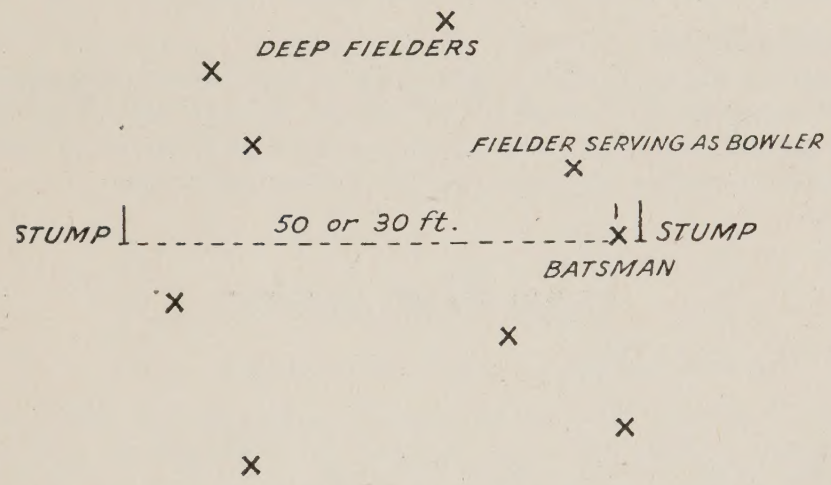
(iii) Alertness is the secret of success ; players should try to be near the ball when it is thrown up and at a distance when the call " Stand to ! " is made.

HIT AND RUN

Apparatus : Outdoors—One rounders bat or, for experienced players, a stick, two cricket stumps and one tennis ball.

Indoors—Two chalk marks or bases and a tennis or improvised, soft ball. (Hand used in place of bat.)

Formation : 8-12 players, numbered, No. 1 batting and the remainder fielding. The batsman stands at one of the two stumps or marks which are placed 50 feet apart outdoors, and 30 feet indoors, and the remainder, the fielders, position themselves over the pitch.



Game : The ball is bowled underarm by any fielder near the batsman. The batsman hits the ball (if she misses, another ball is bowled) and immediately runs to the opposite stump. The ball is fielded and returned to one of the close-in fielders, who tries to hit the batsman below shoulder level while she is running between the stumps. In order to defend herself, the batsman tries to hit the ball aimed at her. The game continues without a stop until the batsman is hit ; she then changes with No. 2 and the game continues, until all the players have batted. The batsman scores a run every time she touches one of the stumps which she must do before turning to run in the opposite direction. The player making the greatest number of runs is the winner.

Rules :

(i) The ball must be bowled between head and knee height ; if it is not, it is deemed a " no " ball.

(ii) Fielders may not take more than one step forward whilst aiming or bowling ; *Penalty* : The game is stopped and the ball is bowled to the batsman as at the start of the game.

(iii) When a new batsman takes her turn, the ball is bowled as at the start of the game.

Coaching Points :

(i) Batsmen should, by altering their stance, place their hits into spaces between the fielders.

(ii) Deep fielders should back up and return the ball quickly to the near fielders so that there is more chance of the batsman being hit.

CROCODILE DODGE BALL

Apparatus : One football.

Formation : Three or four teams of 4-6 players. All but one team form a circle ; the players of the remaining team stand in the centre of the circle, one behind the other with waist grasp, to make the " Crocodile."

Game : The players forming the circle throw the ball to hit the last player in the Crocodile. Immediately this player has been hit she movs to the front of the Crocodile and the one at its end then becomes the target for the outside players. Only the leader of the Crocodile may use her hands to fend off the ball and if the Crocodile breaks, it counts as a hit and the back player moves to the front. The original leader of the Crocodile counts the number of hits scored by the circle players in a given time, say one minute. The Crocodile team then changes places with one of the circle teams. The team having the least number of hits scored against it is the winner.

Coaching Points :

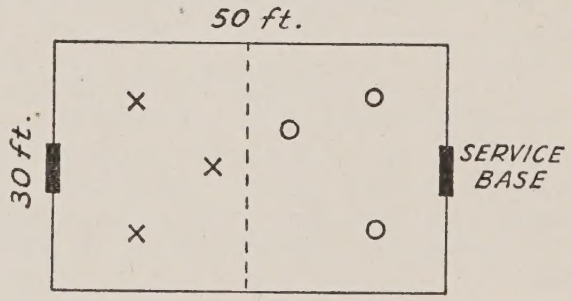
(i) The circle players should be encouraged to pass between themselves so that the one most advantageously placed may aim at the tail of the Crocodile.

(ii) It is particularly important for the players at the head and tail of the Crocodile to watch the ball so that they may evade it when it is thrown.

TEAM HAND TENNIS

Apparatus : One small ball and a rope or badminton net.

Formation : 4-6 players. The maximum size of the court, which should be adapted to suit the space available and the number and skill of the players, is 50 by 30 feet ; the side and back lines may be marked with chalk, or the natural boundaries of the hall may be used. A small serving base is marked on each of the back lines and the rope or net is stretched across the centre of the court 4-5 feet from the ground. The players divide themselves equally between the two sides of the court.



Game : The server bounces the ball within the service base and then, with the palm of her hand, hits it over the net and into her opponents' court or, alternatively, to one of her own partners who may be standing nearer to the net. After the first server has served 5 times consecutively, the service is taken by a player on the opposite side ; when the first team regains the service, another player acts as server.

Rules :

(i) The ball is in play and may be returned over the net as long as it is still bouncing. It is " dead " only when it has rolled along the ground, or has been hit into or under the net.

(ii) The ball may be batted with the palm of the hand, but must not be fisted or knocked. It is permissible to bat the ball up into the air to control it and then to allow another player who is better placed to bat it across the net.

(iii) Only one service is allowed ; if it is a faulty one, the server's opponents score one point if scoring method (ii) is being followed.

Scoring : Two alternative methods :—

(i) As in lawn tennis.

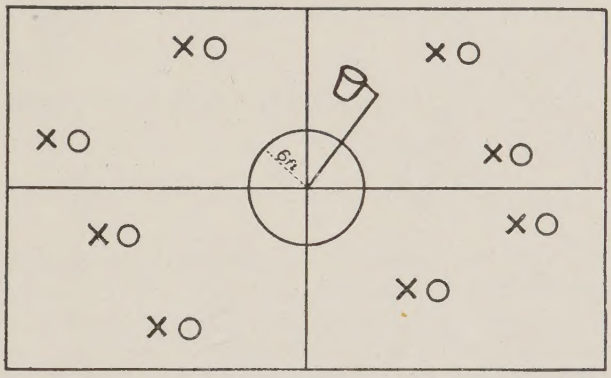
(ii) The first team to reach a certain number of points, or the team making the higher score after five minutes' play on both sides of the net, is the winner.

N.B.—This game, although printed in the Board of Education 1933 Syllabus, appears not to be very well known and it is for this reason that it has been included in this book. It can be played with larger numbers, but unless the players are expert it is then apt to afford little exercise.

FOUR COURT NETBALL

Apparatus : One football.

Formation : 8-16 players. The playing space is divided into four equal courts. A netball post is placed in the centre, a circle of 6 feet in radius being drawn round it. Players divide into twos and not more than two couples stand in any one of the four courts, a red playing against a blue.



Game : The aim of each team is to pass the ball from court to court in a clockwise (or counter-clockwise) direction. Immediately four consecutive passes have been made between players of the same colour, the player then holding the ball shoots. If her shot is successful, she scores one point. The game is continued without a pause, the player securing the ball after the shot has been made passing to one of her own team in the next court. If a pass being made by a red to a red is intercepted by a blue, the blues then attempt to make four consecutive passes, passing the ball in the same direction as previously. The player scoring the greatest number of goals is the winner. (If preferred, scoring may be on a team basis).

Coaching Points :

(i) Players should mark their own opponents.

(ii) The player about to receive the fourth pass should try to get free on the edge of the circle.

(iii) All shots must be taken from outside the circle.

(iv) After the game has been played for some time in one direction, e.g., clockwise, the passes should be made counter-clockwise.

(v) The ball may not be held for more than three seconds.

Variation : Outdoors, the game can be played on a full size netball court. Both posts may be used but the player taking the shot must be within one of the shooting circles.

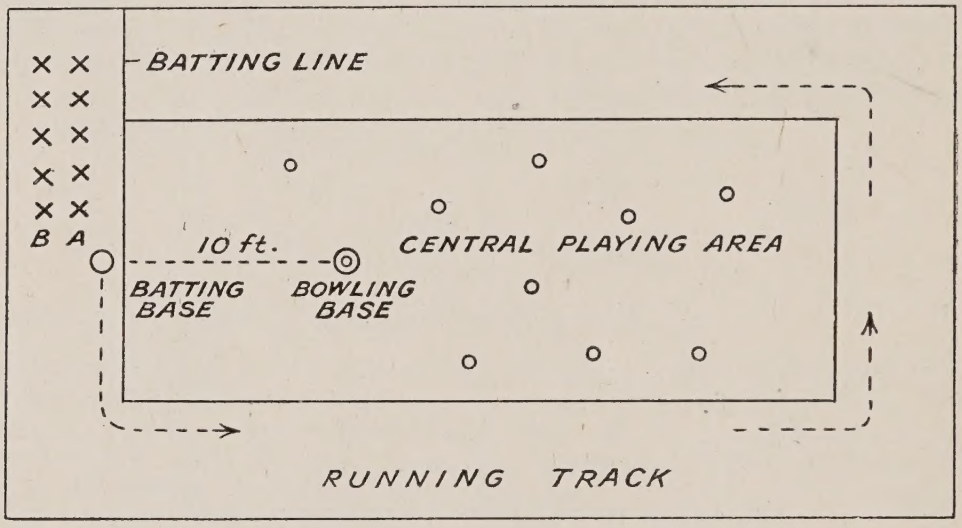
SECTION V

MINOR GAMES

[R] COUPLE ROUNDERS

Apparatus : One football or rubber ball.

Formation : Two teams, of 12-24 players. The playing space is as shown in the diagram ; the inner rectangle should be marked with chalk lines, but the boundaries of the outer rectangle may, if desired, be the walls of the room. Circles, 2 feet in diameter and 10 feet apart, mark the batting and bowling bases. The batsmen line up in twos to the side of their base and the fielders position themselves anywhere in the central playing area, the bowler standing in the base.



Game : The batting team work in twos. A, standing in the batting base, hits the ball with her hand or closed fist as it is delivered to her by the bowler (she *must* hit the ball forward and so that it *bounces* within the central playing area) ; B runs into the field as soon as the ball has left the bowler's hand and dodges to avoid being hit below the knee by a throw from one of the fielders. Meanwhile, A runs round the track aiming to reach the batting line before her partner, B, is hit. When all the players in the batting team have both batted and dodged, the two teams change over.

The team making the greater number of runs is the winner. The batsman scores a whole rounder if she crosses the batting line before her partner, i.e., the dodger, is hit ; if the dodger is hit, the batsman continues running and if she completes the course before one of the fielders succeeds in barring her path by standing facing her with arms lifted sideways, she scores half a rounder.

Rules :

(i) If the batsman trespasses into the central playing space whilst running the course, no rounder is allowed ; she *must* keep within the track.

(ii) The bowler may leave her base to field a ball, but may only bowl when she is within it.

(iii) The ball must be bowled between head and knee height, although a batsman can, if she wishes, hit a no-ball.

(iv) No fielder may obstruct the track runner until after the dodger has been hit. *Penalty* : a whole rounder is awarded to the batsman.

Coaching Points :

(i) Batsman and dodger must be quick off the mark.

(ii) Fielders should mark the dodger and back one another up.

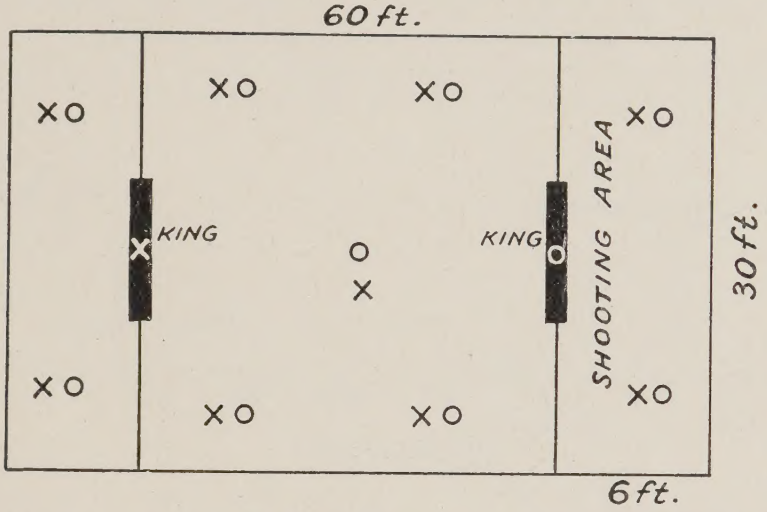
QUOIT KING

T

Variation of Ring the Stick.

Apparatus : One quoit, 2 low forms or benches and 2 or 4 sticks, 2-3 feet in length.

Formation : Two teams of 4-10 players. The playing area is a rectangle of approximately 60 by 30 feet; the side and back lines may be marked or, alternatively, the boundaries of the room may be used. A shooting line is drawn across each end of the room, 6 feet in front of the end boundary, the spaces enclosed being termed " shooting areas". One form is placed in the centre of each of the shooting lines. Of each team one player, the King, stands on the form towards which her team is shooting, holding a stick. (Advanced players may have one in each hand).



Game : The quoit is thrown vertically up between any two opposing players standing in the centre of the pitch. Each team then passes between themselves and aims to throw the quoit over the stick held by their own King, thus scoring one point. An attempt to ring the stick may only be made by a player having at least one foot within the shooting area. After a point has been scored, the game is re-started from the centre and two other players take the place of the first Kings. The team scoring the greater number of points is the winner.

Rules :

(i) The King may move as she likes along the form, but must have both feet on or over the form when she catches the quoit on her stick. She may move the stick or sticks freely in order to catch the quoit, but if the stick is a long one a rule should be made that it may not be dropped below waist level.

(ii) Running with the quoit is not allowed, nor may it be held for longer than 3 seconds.
Penalty: A free pass to the opposing team taken from where the offence occurred. This pass may not be made direct to the King.

(iii) The quoit may not be thrown downward ; it must definitely rise after it has left the hand and must also be thrown by the same hand (either) with which it was caught.
Penalty : A free pass as in (ii).

(iv) If two players catch the quoit simultaneously, the umpire throws it up between them as at the start.

(v) No rough play is allowed.
Penalty : A player of the opposing team standing on the end boundary takes a free pass direct to the King.

(vi) If the quoit goes out of court, it is thrown in by a player of the opposing side.

Coaching Points :

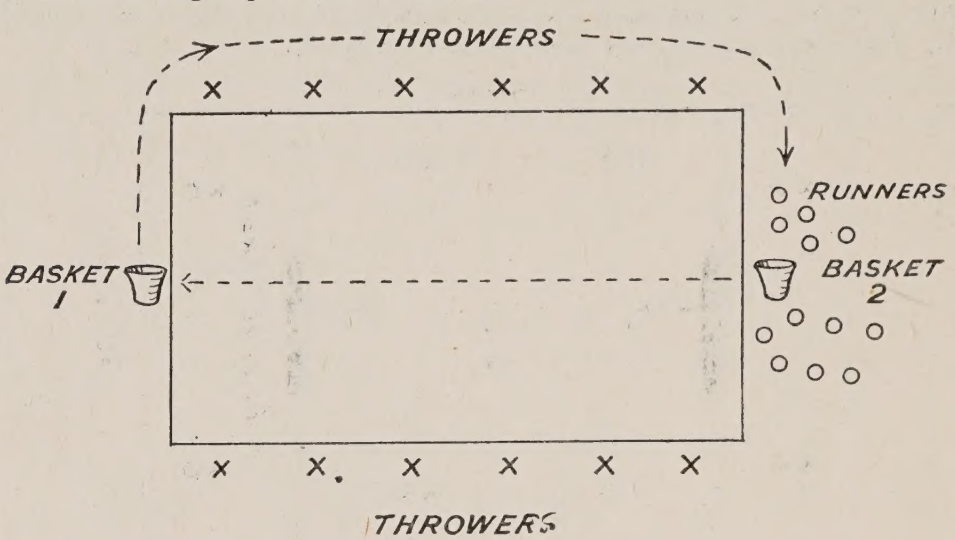
(i) Well taught, this game should train players to use the whole of a playing space. Players should try to get free within the shooting area.

(ii) The King must learn to turn quickly so that she keeps facing the play throughout.

FIRE BALL VARIATION

Apparatus : Two footballs, as many as possible small balls (bean bags, or other small articles), and two waste paper baskets (or substitutes).

Formation : Two teams of 6-16 players. Chalk lines are drawn to mark the boundaries of the playing area and the two baskets are placed one at either end just beyond the base line ; basket 1 is empty while basket 2 contains all the small balls. The throwers divide and stand outside the side lines, one on either side of the room holding a football (if the total number of players is 12 or less, use one ball only) ; the runners stand in a group round basket 2.



Game : The object of the runners is to transfer as many balls as possible from basket 2 to basket 1, while that of the throwers is to hit the runners. Each runner takes a ball from basket 2, runs down the centre of the playing area, deposits her ball in basket 1 and returns as quickly as possible to the starting line, passing down either side of the room behind the throwers. She then repeats immediately. Meanwhile, the throwers aim as often as possible at the runners. After a set time, e.g., 1-2 minutes, play is stopped and the runners count the number of balls in basket 1. All balls are again transferred to basket 2 and the two teams change places. The team finishing with the greater number of balls in basket 2 is the winner.

Rules :

(i) If a thrower enters the rectangle to field a football, she must throw it to one of her own team standing behind one of the side lines, or return with it herself before again taking aim.

(ii) If a runner is hit below the knee, she continues the course, but instead of depositing her ball in basket 1, she takes a ball from this basket and returns to place *both* balls in basket 2.

Coaching Points:

(i) The throwing team should be encouraged to pass to one another, as the players near to the runners have a better chance of hitting them.

(ii) With experienced players, a rule may be made that no thrower may hold the ball for more than 3 seconds.

(iii) Any number of runners may run the course at the same time, but each may carry only one ball.

Variations :

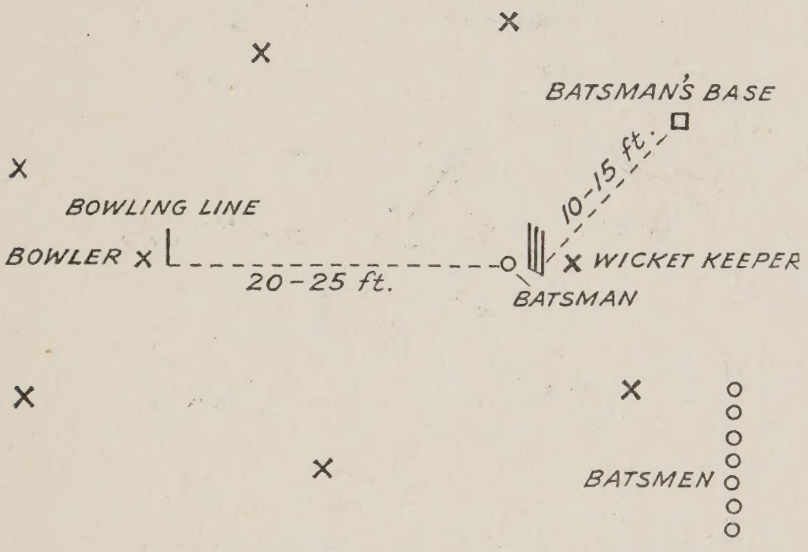
(i) The runners run from end to end continuously, touching down behind the end lines with their hand ; they score one point each time they touch down (each player may be given a piece of chalk and mark down one point as she touches down). The team scoring the greater number of runs in a given time is the winner. Alternatively, the throwers score a point each time a runner is hit, in which case the team scoring the greater number of hits is the winner.

(ii) The runners divide into two files, one standing behind each base line. No. 1 runs and touches No. 2 ; No. 2 runs and touches No. 3 ; so on, until all are in the opposite places from which they began. Meanwhile, the throwers aim with the footballs. Runners count how many of their team run from end to end without being hit and the team recording the lesser number of hits is the winner.

NON-STOP CRICKET

Apparatus : One rounders or stoolball bat, one ball (tennis, rounders or stoolball), one wicket approximately 1 foot high and 9 inches wide, and one base (chalk mark or object).

Formation : Two teams of 6-11 players. The base is marked or placed 10-15 feet obliquely behind the wicket, and a bowling line is drawn 20-25 feet in front of the wicket. The batsmen line up at the side of the playing area, No. 1 ready in front of the wicket ; of the fielding team, the bowler stands toeing the bowling line, the wicket-keeper stands behind the wicket, and the remainder position themselves over the pitch.



Game : The bowler bowls the ball underarm, close to the ground. The batsman guarding her wicket with her bat, hits at the ball ; if she fails, the bowler re-bowls. When the ball is hit, the batsman turns and runs to touch the base behind her wicket and returns to the wicket, thus scoring one run. Meanwhile, the ball having been fielded is returned to the bowler who immediately bowls again, whether or not the batsman has got back to the wicket. The batsman is " out " if she is bowled, caught, played on, i.e., knocks down her wicket, obstructs a fielder, or is hit on the leg by a bowled ball whilst defending her wicket, i.e., l.b.w.; when out, she immediately drops her bat and the No. 2 of the batting team takes her place. Whilst this change is being made, the bowler may continue to bowl at the wicket and if she hits it the new batsman is " out". The game continues until all players of the batting team are "out", when the teams change over. The team making the greater number of runs is the winner.

Coaching Points :

(i) The batsmen should place their hits between the fielders ; backward hits are allowed.

(ii) Fielders should return the ball quickly to the bowler, who should bowl immediately she receives it.

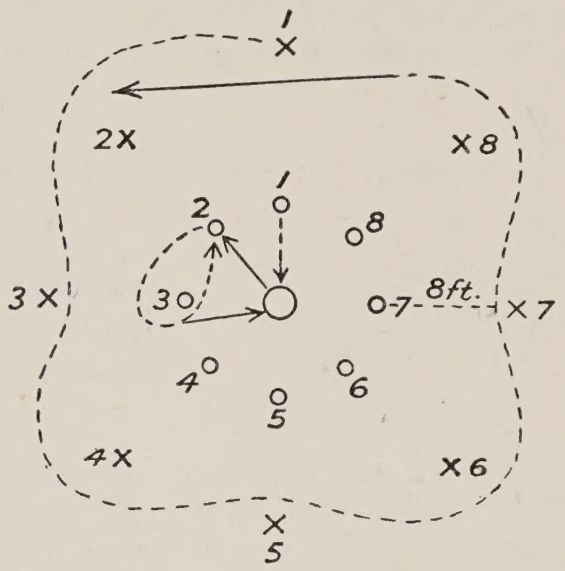
(iii) It prevents the slowing up of the game, if a rule is made to the effect that if a batsman fails to hit the third ball bowled to her, she forfeits her turn and her place is immediately taken by the next batsman.

Variation : Instead of scoring by touching the base and returning to the wicket, the batsman can run round four objects placed in a square or rectangle in front of the wicket, afterwards joining the end of her team. (Directly she has started her run, the next batsman takes her place). A batsman may not pause at a base, but must continue to run—non-stop. The game continues until all the players of the batting team are " out".

N CIRCULAR RUNNING *v.* PASSING

Apparatus : Two footballs, or one football (for the outer team) and one tennis ball (for the inner team).

Formation : Two teams of 5-12 players stand in two concentric circles, all facing inward, those in the inner circle being at least 6 feet distant from one another and those in the outer circle standing exactly behind those in the inner. There must be 8 feet between the circles and a further 4 feet clear space beyond the outer circle. A throwing circle, 4 feet in diameter, is marked in the centre of the inner circle. The balls are placed on the floor at the feet of the two No. 1's.



Game : No. 1 in the inner circle picks up the ball, runs to the throwing circle and throws the ball to No. 2. No. 2 catches it, runs round No. 3, passing behind her first, and returns to her own place ; as she passes between Nos. 3 and 4, she throws the ball back to No. 1 who immediately throws it to No. 3. No. 3 then runs round No. 4, returning the ball to No. 1 as she passes between Nos. 4 and 5. This procedure is continued by the inner circle, each run counting one point, until No. 1 in the outer circle calls "Stop !"

Simultaneously, No. 1 in the outer circle picks up the ball and runs zigzag round the circle, passing behind No. 2 first; as she passes the last player, she throws the ball to No. 2 and returns to her original place. No. 2 catches the ball and immediately starts her zigzag run. When No. 1 receives the ball from the last player, she places it at her feet and calls "Stop !" The two teams then change places. The team scoring the higher number of runs when playing in the inner circle is the winner.

Rules :

(i) If a player in either circle drops the ball she herself must field it and the game is continued from the point where it was dropped.

(ii) If a player in the outer circle inadvertently misses a space on her zigzag run, she must make another complete circuit.

Coaching Hints :

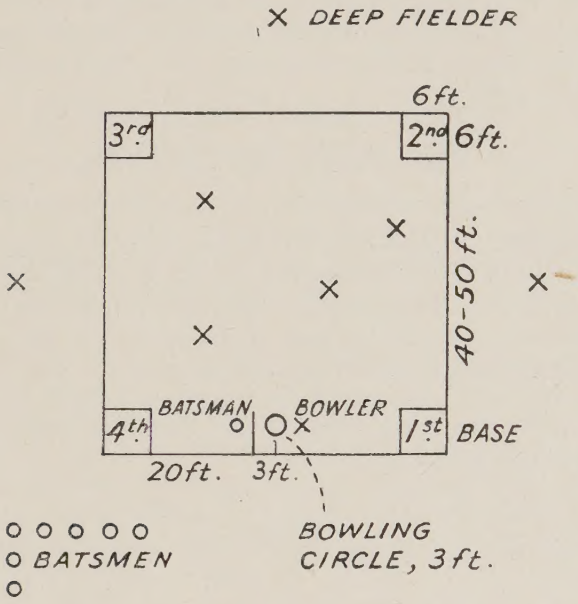
(i) With a large ball, a double-handed throw from chest height ensures more certain handling of the ball.

(ii) Whilst encircling standing players, runners should not be allowed to hold or touch them.

DANISH ROUNDERS VARIATION

Apparatus : One rounders or tennis ball and a rounders stick or small bat (hand may be used in place of bat).

Formation : Two teams of 6-15 players. The playing area is a square (or rectangle) with sides of approximately 40-50 feet (boundary lines need not be drawn), a base 6 by 6 feet being marked at each corner ; a bowling circle 3 feet in diameter is drawn between first and fourth bases and the batting line 3 feet from the bowling circle is at right angles to the side line. The batsmen line up behind fourth base ; the fielders position themselves in the square and in the deep field, the bowler standing on the side of the bowling circle further from the batting line.



Game : The bowler bowls by throwing the ball almost vertically upward between herself and the batsman, to a height of approximately 6 feet. No. 1 of the batting team, standing on the batting line, hits at the ball with her hand or closed fist and, whether or not she hits it, immediately runs to first base ; she may continue running on to the other bases unless the bowler, holding the ball, touches the ground in the bowling circle and calls " stop ! " If she is between two bases when " stop ! " is called, she is out. Batsman No. 2 takes her turn as soon as the bowler has the ball and the game continues until all the batsmen are " out " ; the two teams then change over. A batsman scores a rounder each time she gets to fourth base having hit the ball, and half-a-rounder if she completes the course without having hit the ball. Any number of batsmen may be in the same base at one time ; batsmen may also pass one another when running between the bases. The team scoring the greater number of rounders is the winner.

Rules :

(i) If, from a hit, the ball is caught by a fielder, the batsman who made the hit and any other batsman running between the bases when the catch is made, are " out ".

(ii) All batsmen who are between the bases when the bowler calls " stop ! " are " out ".

(iii) The ball may not be hit behind the line forming fourth and first bases.
Penalty : The batsman who made the hit is " out ".

(iv) If there is no batsman waiting for her turn, the bowler throws the ball vertically upward to a height not less than 6 feet to give one of the batsmen in the field of play a chance to get to fourth base before the ball falls to the ground ; if no batsman succeeds, the whole side is " out ".

(v) One ball only is bowled to a batsman unless a " no ball " be given ; a good ball is one which, if it fell to the ground, would land within the bowling circle.

Coaching Points :

(i) In a beginners' game, batsmen may be allowed to get to first base without being put "out".

(ii) The bowler should remain close to the bowling circle so that she is ready to receive the ball from the fielders. When players are quite new to the game, it is helpful if the coach bowls as she can then control the game.

(iii) The batsman must run outside the bowler on her way to first base.

(iv) Batsmen should be coached to place their hits, and fielders to make a quick return of the ball to the bowler.

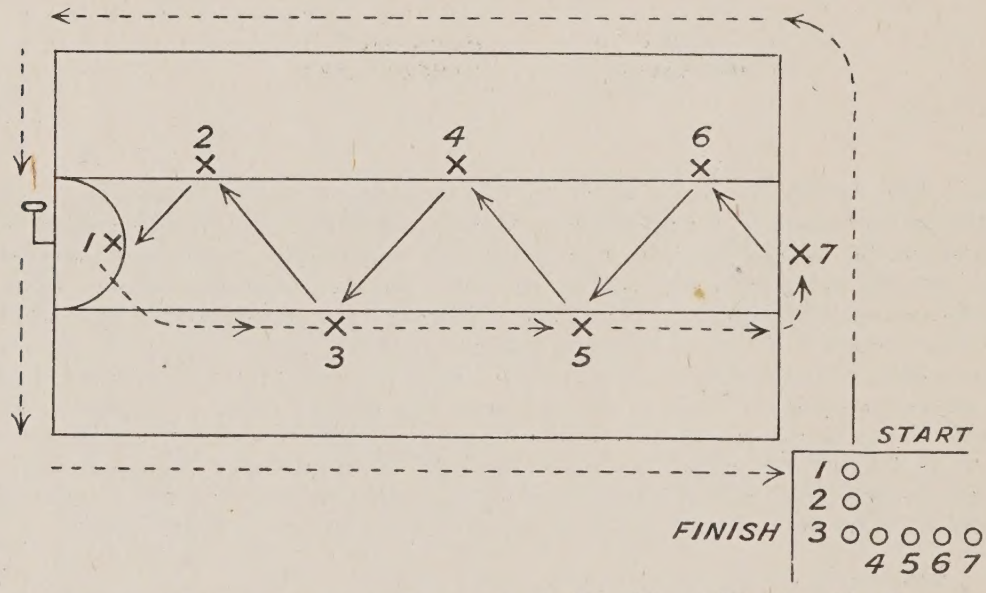
Variation : The game can be adapted for use indoors. If the space is long and narrow first and third bases only may be marked, chairs being placed where the other two bases would normally be ; the runners must run round the chairs on their way to the bases but may only stop at the bases proper. For this variation, two teams of 6 or 7 players make a good game.

N

SIX PASS SHOOTING

Apparatus : One football and one netball post and ring, or improvised substitute.

Formation : Two teams of 7 players. Outdoors, the playing space should be the size of a netball court while indoors, a rectangle as large as possible ; in either case, a shooting circle 16 feet in radius is drawn at one end and 2 parallel lines are drawn from the sides of the shooting circle to the far end of the pitch. If boundary lines cannot be drawn, the corners of the pitch may be marked by chairs. The runners line up behind a starting line ; the scorers, numbered 1-7, stand on alternate sides of the two parallel lines, No. 7 being on the base line opposite the circle and No. 1 just inside the circle. standing on a chalk mark.



Game : No. 7 of the scoring team throws the ball to No. 6, No. 6 to No. 5, and so on until No. 1 receives it ; she takes aim and shoots and immediately, whether or not her shot has been successful, she runs down the pitch, outside one of the parallel lines, to take No. 7's place. Meanwhile, No. 7 takes No. 6's place, No. 6 No. 5's and so on. No. 2 runs forward to field the ball after No. 1's shot and immediately passes it to No. 3 who will now be standing in No. 2's original place ; No. 3 throws to No. 4, No. 4 to No. 5, No. 5 to No. 6, No. 6 to No. 7 and No. 7 to No. 1 who will now be where No. 7 started. The zigzag pass is then repeated and No. 2 shoots. This procedure is continued, each player shooting in turn, until "Stop !" is called by the last player of the running team.

At the same time, No. 1 of the running team runs counter-clockwise round the outside of the court, touches No. 2 and joins the end of her file ; No. 2 repeats, and so on until No. 7 touches No. 1, who holds up her hand and calls "Stop !" The two teams then change places. The team scoring the greater number of goals is the winner.

Coaching Points :

(i) Throwers should use overarm passes on shoulder level.
(ii) Runners should keep close to the boundary lines of the court and take small steps at the corners.

Variations :

(i) If no netball post and ring is available, a skittle may be utilised, a point being scored if the skittle is knocked over.
(ii) The game can be played with a quoit instead of a ball, in which case No. 1 stands in the place of the netball post, holding a stick 2-3 feet in length, and No. 2 just inside the circle. On receiving the quoit from No. 3, No. 2 throws it to "ring" the stick. No. 1 then dislodges the quoit and throws to No. 2, places the stick on the ground and runs to take No. 7's place. Meanwhile, after the quoit has started on its return zigzag course, No. 2 moves forward to hold the stick.

NON-STOP QUOIT PASS

T

Apparatus : One quoit and coloured bands.

Formation : Two teams of 6-10 players. Of each team, one player serves as goal-player and stands on the mat towards which her team is playing, one stands in the centre with her left shoulder towards her own goal-player and the remainder position themselves about the playing area, each marking an opponent (see Diagram for "Triple Pass").

Game : The quoit is thrown vertically upward between the two centre players. Each team then aims to pass the quoit to their own goal-player who must, when she receives it, have one foot on or over the mat. Immediately the goal-player catches the quoit, the player who threw it runs forward and takes the goal-player's place ; meanwhile, the goal-player, before leaving her place, throws the quoit to another member of her own side. The game continues without a break, the change of position being made every time the goal-player receives the quoit, thus scoring one point. The team scoring the greater number of points is the winner.

Rules :

(i) No Rough play, e.g., barging, is allowed.
Penalty : A free pass to the opposing team from where the offence occurred. This pass may, if desired, be made direct to the goal player, and a point scored from it.
(ii) No player other than the goal-player may step on to the mat.
Penalty : For an offence by (*a*) an attacker, a free pass to the defending team taken from the edge of the mat ; (*b*) a defender, a free pass, taken by the goal-player of the opposing team.
(iii) Running with the quoit not allowed.
Penalty : A free pass to the opposing team taken from where the foul occurred. This free pass may *not* be made direct to the goal-player.
(iv) The quoit may not be held for longer than 3 seconds.
Penalty : A free pass, taken as in (iii).
(v) The quoit may *not* be thrown downward ; it must definitely rise after it has left the hand and must also be thrown by the same hand (either) with which it was caught.
Penalty : A free pass, taken as in (iii).
(vi) If two players catch the quoit simultaneously, the umpire throws it up between them as at the start.

Coaching Points :

(i) When a player who has been serving as goal leaves the mat, she should take the place of the player who is just about to become goal-player.
(ii) Players should mark their own opponents, and should use the whole space available. Boundary lines may be drawn if desired, but are not necessary.

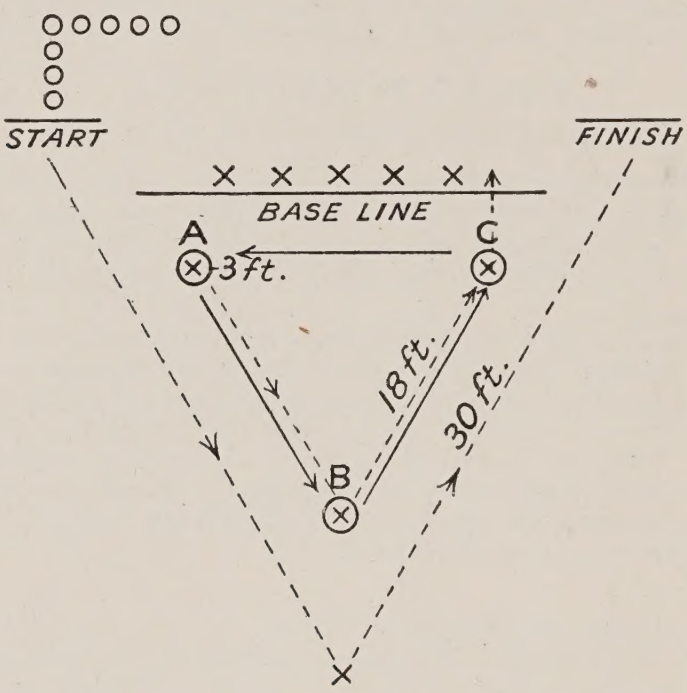
Variations :

(i) If mats are not available, the goal-players may stand in chalk circles of 3 feet in diameter, or, alternatively, on chairs, in which case they must be held firm.
(ii) The game may be played with a bean bag or football instead of a quoit.

N TRIANGULAR ROUNDERS

Apparatus : One ball or bean bag.

Formation : Two teams of 6-8 players. Three circles, each 3 feet in diameter and 18 feet apart are drawn to mark the angles of an inner triangle ; those of an outer triangle, if space allows 30 feet apart, being marked by lines at the starting and finishing points of the course and a cross or chair at the apex of the triangle. A base line is drawn between and in front of the starting and finishing lines. The players of the running team stand in a file behind the starting line ; the first three players of the throwing team stand in circles A, B and C respectively, the player in circle A holding the ball, and the remainder stand in a rank behind the base line.



Game : No. 1 of the running team runs round the outer triangular course, calling " Change ! " as she crosses the finishing line ; No. 2 then runs, and so on until the last member of the team crosses the finishing line, when she calls " Stop ! " Meanwhile, the player of the throwing team standing in circle A throws the ball to B, B throws to C, C to A and so on. When " Change ! " is called, the player in circle A moves to circle B, the one in circle B moves to circle C, the one in circle C runs to the end of her team behind the base line and the fourth player of the throwing team moves into circle A. This counterclockwise move is repeated every time " Change ! " is called, thus each member of the throwing side moves into circle A, then on to circles B and C, and so to the end of the team. The player holding the ball when " Change ! " is called, takes it with her to the next circle, except in the case of the one at circle C who waits until the new player has reached circle A and then throws to her (this pass does not score).

When " Stop ! " is called, the throwers stop play and the teams change over. The team scoring the greater number of passes between the players in circles A, B and C is the winner.

Rules :

(i) No pass made after the word " Change ! " and before the change of throwers has taken place, counts. A throw that is dropped or touches the ground does not score a point.

(ii) Throwers must be in their circles before throwing the ball and must have one foot in or over the circle when catching it ; if they offend, no point is scored.

(iii) Runners must have both feet over the finishing line before calling " Change ! " or " Stop ! "

Coaching Points :

(i) Runners should call clearly so that all can hear.

(ii) The throwing team should change places quickly. This change needs much practice and can be taken as a preliminary team race.

(iii) Throws should be quick and accurate, an under-or overarm pass being used, dependent on the distance apart of the circles.

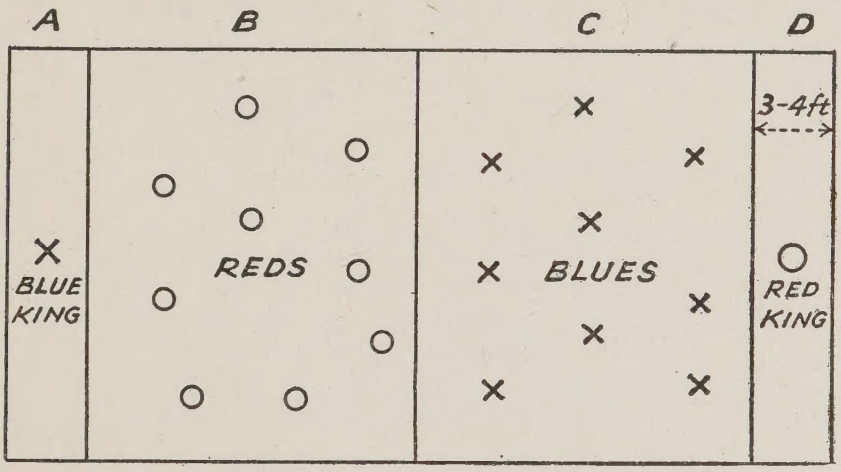
Variation : The game can be played with as few as 5 players. One player is the runner, and 4 make up the throwing team ; 3 of them starting on the circles ; the runner runs the course a given number of times, calling " Change ! " every time she passes the finishing line and " Stop ! " at the end of the last run. The throwers change as before, but only one player will be waiting at the base line. Each player scores the number of throws made whilst she is running the course and the player with the *least* number is the winner.

SWEDISH DODGE BALL

L N

Apparatus : One football.

Formation : Two teams of 8-12 players. The playing space is divided into four courts, A, B, C and D by lines drawn crosswise, one across the centre and two 3-4 feet from either end of the area. Reds position themselves in Court B, and blues in Court C ; one red, i.e., the King, stands in Court D and the blue King in Court A.



Game : The game is started by a bounce between two opposing players standing 9 feet apart on either side of the centre line. Both teams aim to get the ball to their own King. When a King receives the ball, she throws it to hit one of the opposing team below waist level. Any player who is hit joins her own King and becomes an aimer. Court players may defend themselves by catching or fielding the ball aimed at them, in which case they then try to pass to their own King. The team with the greater number of players left in the centre court after a given time is the winner.

Rules :

(i) If a player is hit above waist level, the game continues without pause.

(ii) Centre players must keep within their own court :
Penalty : A free aim by the opposing King.

(iii) Kings must have both their feet behind the line when aiming :
Penalty : A free pass taken by one of the opposing centre court players.

(iv) The ball may not be held for more than three seconds :
Penalty : A free pass taken by one of the opposing centre court players.

Coaching Points :

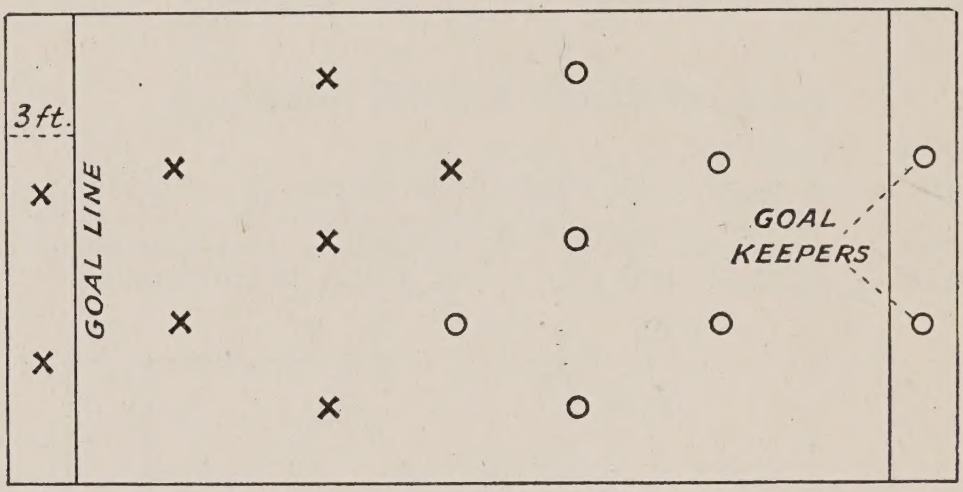
(i) When there is more than one King they should interpass so that the one best placed can aim.

(ii) Centre court players should try to intercept passes being made to the opposing King. When the ball has passed over their heads, however, they must quickly turn to avoid the King's aim.

H FLOOR HANDBALL

Apparatus : One football and coloured bands.

Formation : Two teams of 6-10 players. The playing area is a rectangle, with a goal line 3 feet inside each of the end boundaries; the side walls may be used as side boundaries. If the playing space is very wide, or if there are not sufficient players to have more than one goalkeeper, goals of approximately 9 feet in width should be marked off in the centre of each goal line. Of each team, one player stands in the centre of the pitch with her left shoulder towards her opponents' goal ; one, two or three, according to the size of the area and the number of players, serve as goalkeepers and stand between the goal line and the end boundary ; and the remainder position themselves in their own half of the pitch.



Game : The game is started by a " bully off " between the two centre players, each using her right hand. The players of each team then aim to pass and dribble the ball towards their opponents' goal line. The ball must be kept on the floor ; both hands may be used to stop it, but when hitting, players may use only one hand at a time. After a goal is scored, i.e., when the ball passes over the goal line or between the goal posts, if marked, the game is re-started from the centre. After a given time, the two teams change ends. The team scoring the greater number of goals is the winner.

Rules :

(i) The ball may not be kicked, nor may it be propelled by any part of the body except one hand.

(ii) No player may pick up the ball or raise it off the ground when hitting.

(iii) Barging and rough play is not permitted.

Penalty : For an infringement of any of the above rules, a free hit is taken by a player of the opposing team from where the offence occurred. This hit may not be made direct at goal.

(iv) No player, except the goalkeeper, may cross the goal line (the goalkeeper *is* allowed to move forward into the field of play).

Penalty : For an offence by (*a*) a defender, a free shot at goal, taken by one of the attacking team, standing 12 feet from the goal line ; (*b*) an attacker, a free hit by one of the opposing goalkeepers, from where the offence occurred.

(v) No goal is allowed if the ball, when it passes over the line or between the posts, is off the ground.

Coaching Points :

(i) Players in the field may move anywhere on the pitch and should be encouraged to combine.

(ii) The goal keeper may pick up the ball when it is behind her own line and place it at the point from which she wishes to hit it out into the field of play ; it must be hit from between the end boundary and the goal line.

(iii) When there is more than one goalkeeper, they should be encouraged to interchange and work together behind their goal line.

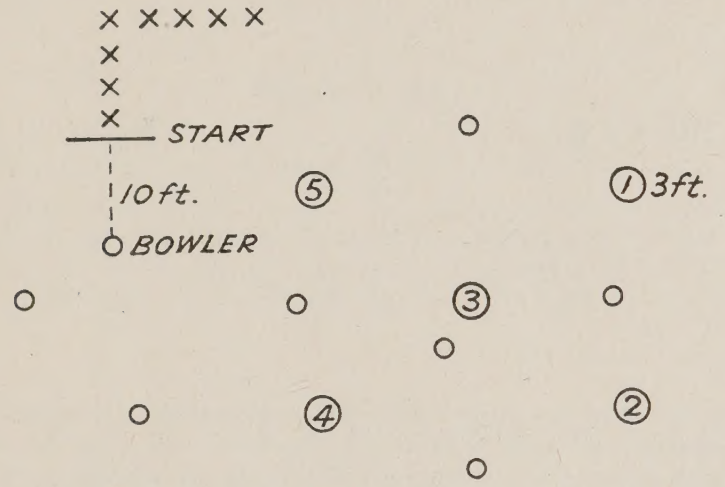
(iv) The game is extremely energetic, espcially when played in a small space and should not, therefore, be continued for too long a period.

(v) If desired, definite positions such as those on a hockey field can be given to the players and hockey rules and tactics can be progressively introduced.

FIVE CIRCLE ROUNDERS R

Apparatus : One ball.

Formation : Two teams of 6-9 players. Five circles of approximately 3 feet in diameter are drawn, their distance apart being according to the area available. (With small teams, four circles are sufficient). The batsmen stand in order behind the starting line and the fielders position themselves over the pitch, one, serving as bowler, standing on a mark 10 feet away from the starting line.



Game : The bowler bowls underarm, between knee and head height. The first batsman hits at the ball with her hand or closed fist and, whether or not she hits it, immediately runs to circle 1, from there to circle 2 and on to 3, 4 and 5. Having fielded the ball, the fielders try to hit the batsman before she reaches the fifth circle; if they succeed, the batsman falls out and takes her place behind the other batsmen ready for another turn. After all members of the batting side have had 2 turns, the teams change places. A batsman completing the course, i.e., reaching the fifth circle, without being hit, scores one rounder if she hit the ball and half a rounder if she failed to do so. The team scoring the greater number of rounders is the winner.

Rules :

(i) The batsman may run anywhere within the playing area, but must enter the circles in the correct order, placing both feet in each circle in turn.

Penalty : No score allowed.

(ii) A fielder may not run with the ball, nor may she hold it for more than three seconds.

Penalty : The batting side is awarded half a rounder.

(iii) The batsman may be touched by the ball when held by a fielder, or the ball may be thrown to hit her *below* waist level; if she is hit above waist level, she runs on.

Coaching Points :

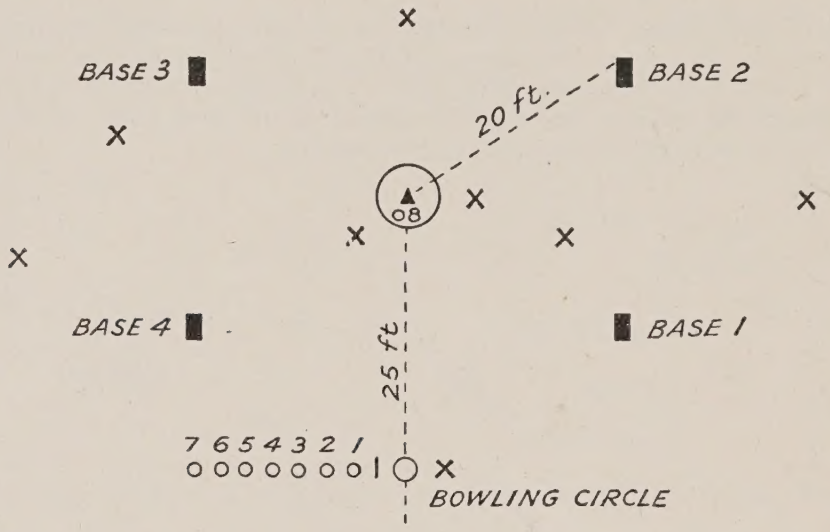
(i) The batsman should dodge, in order to draw the fielders away from the circles.

(ii) The fielders should back one another up, some keeping close to the runner so that they are near enough to hit her.

SKITTLE BALL ROUNDERS

Apparatus : One skittle and one football.

Formation : Two teams of 6-8 players. Four bases are placed (or marked with chalk) 20 feet from the centre of a circle 6 feet in diameter drawn in the middle of the playing area ; the skittle is placed in the centre of this circle. A bowling circle, one foot in diameter, is drawn midway between the first and fourth bases, 25 feet from the skittle circle and 3 feet from the batting line. The batsmen stand behind the batting line, the last player in the team (No. 8 in diagram) standing in the skittle circle ; the fielding team position themselves anywhere within the playing space, one player serving as bowler, who stands on the side of the bowling circle further from the batting line.



Game : The bowler bowls by throwing the ball almost vertically upward between herself and the batsman, to a height of approximately 6 feet. No. 1 of the batting team hits at the ball with her hand or closed fist and, whether or not she hits it, immediately runs to first base, on to second, to third and then to fourth where she calls " Home ! " Meanwhile, having fielded the ball, the fielders try to knock down the skittle, which is guarded by No. 8 of the batting side, before batsman No. 1 reaches fourth base. If the batsman completes the run before the skittle is knocked down she scores a rounder. No. 1 of the batting team then defends the skittle, No. 8 joins the end of the team, and No. 2 bats. Each member of the batting team has two turns and the teams then change places. The team scoring the greater number of rounders is the winner.

Rules :

(i) Fielders may not run with the ball, hold it for more than three seconds, or enter the skittle circle.

Penalty : The batting team is awarded a rounder.

(ii) One ball only is bowled to a batsman unless a " no ball " be given ; a good ball is one which, if it fell to the ground, would land within the bowling circle.

(iii) The batsman must not hit the ball in a backward direction ; if she does, she forfeits her turn.

(iv) The defender may only use her *hands* to defend the skittle ; if she catches the ball, she may throw it out of the skittle circle, but it must bounce within the space enclosed by the bases.

Penalty : No rounder can be scored.

Coaching Points :

(i) The batsman should place the ball between the fielders.

(ii) Fielders should keep well spaced out so that there are some near the skittle circle and some ready to field long balls.

Variations :

(i) The skittle circle can be enlarged, more than one player of the batting team serving as defender.

(ii) The bases can be placed in any position according to the shape of the space available.

(iii) The game can be played with a tennis ball and it is then possible for an object larger than a skittle to be placed in the skittle circle, hits on it ranking as equivalent to knocking down the skittle.

(iv) Instead of allowing each batsman two turns, a player can be ruled " out " if she has not completed her run before the skittle is knocked down. The batting team then continues until no players are left " in " when the teams change over. (This variation is only suitable during very hot weather).

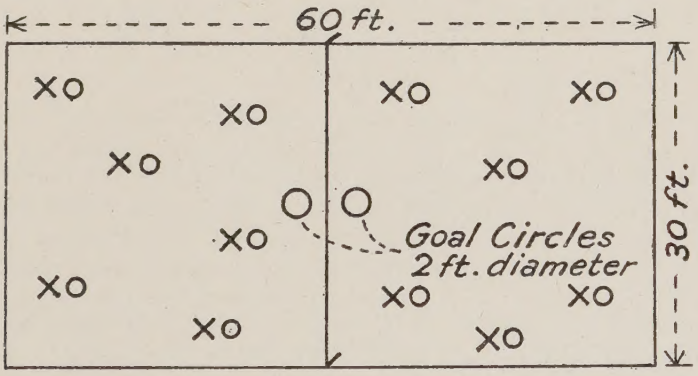
(v) If teams larger than 8 are necessary, the batting team lines up in couples; one partner hits and runs the course whilst her partner defends the skittle. After their turn, both return to the end of the batting team and, on the next round, batter and defender change places.

SHOOT BALL

N

Apparatus : One football and one rope, 30-50 feet in length.

Formation : Two teams of 6-12 players. The playing space is a rectangle 60 by 30 feet; two chalk circles each 2 feet in diameter are drawn, one on either side of the rope which is fastened across the centre of the court at a height of 5-6 feet. Each team divides into two halves, one standing either side of the rope, each player marking an opponent.



Game : The ball is bounced or thrown up between any two opposing players and the one who secures it passes to a player of her own team standing on the far side of the rope; this player then throws to one of her own team standing on either side of the rope, and so on. Meanwhile, the opponents try to intercept. Five consecutive passes made between players of the same team, no matter on which side of the rope they may be standing, secure a " try". The player who receives the fifth pass then, with an action similar to that used in shooting at the goal in netball, aims at shooting the ball over the rope so that it bounces directly in the chalk circle on the far side of the rope. If successful, her side scores one goal.

After a goal has been shot, the game is restarted from the side of the rope where the ball then is. After an unsuccessful shot, a player of the opposite team to that which took the try (one who was near the ball when it pitched) takes a free pass, the pass having to be made over the rope; if this pass is caught by a player of the thrower's side, it counts as one of the five consecutive passes required to score a " try". Every time a pass is intercepted, scoring towards the five passes must re-start from " one".

Rules :

(i) If the ball goes out of court, one of the team opposing that which touched the ball last throws on from the spot where the ball went out.

(ii) Running with the ball is not allowed.
Penalty : A free pass to the opposing team taken from where the offence occurred.

(iii) No rough play, e.g., barging, knocking the ball out of an opponent's hand, etc., is allowed.
Penalty : A player of the opposing team takes a free try from any point not less than 10 feet from the rope.

(iv) No player may intercept the shot for goal until it has bounced once.
Penalty : The shot is taken again.

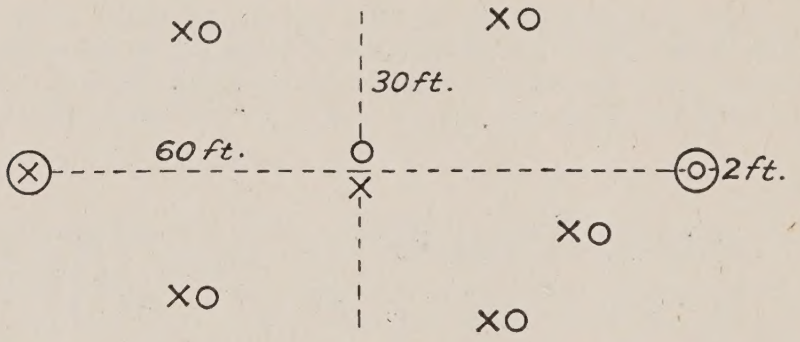
(Kindly contributed by Mrs. B. Richter).

N

TRIPLE PASS

Apparatus : One football, two hoops or chalk circles and coloured bands.

Formation : Two teams of 5-8 players. The playing space is approximately 60 by 30 feet and two circles of 2 feet in diameter are marked (hoops may be used), one at either end. Of each team, one player stands in the circle towards which her team is playing and serves as scorer, one stands in the centre with her left shoulder towards her scorer, and the remainder position themselves about the playing area, each marking an opponent.



Game : The ball is bounced or thrown up between the two centre players. Each team then aims to pass the ball to their own scorer who must, when she receives it, have one foot in the circle, not necessarily on the ground. As soon as the scorer receives the ball, she passes it to any player of her own side ; this player returns it to the scorer, and so on until 3 (with experienced players, 5) consecutive passes (one pass=from the scorer to another player and back again to the scorer) have been made. This scores one point. After a point has been scored, the game is restarted from the centre, the centres becoming the scorers and two other players serving as centers. If the ball is intercepted while the passes are being made, the game continues and when next the scorer receives the ball she must start counting from " one". The team scoring the greater number of points is the winner.

Rules :

(i) No player other than the scorer may enter the circle.
Penalty : For an offence by (*a*) a member of the same team as the scorer, a free pass to the opposing team taken from the edge of the circle ; (*b*) a defender, a free pass by an attacker to the scorer, taken at a point 20 feet from the circle.

(ii) Running with the ball is not allowed.
Penalty : A free pass to the opposing team taken from where the offence occurred.

(iii) No rough play, e.g., barging, knocking the ball out of an opponent's hand, etc., is allowed.
Penalty : A free pass, taken by the scorer of the opposing team to one of her own side. This pass may not be intercepted.

Coaching Points :

(i) Encourage the scorers to jump and twist and turn their bodies so that they may secure passes thrown high and to the side.

(ii) Players should mark their opponents closely and not crowd near the hoops.

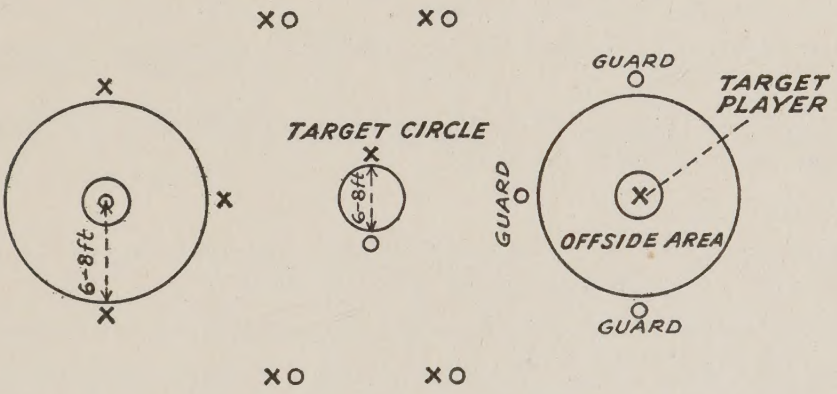
(Kindly contributed by Mrs. B. Richter).

TARGET CIRCLE

N

Apparatus : One football and two hoops of 2 feet radius.

Formation : Two teams of 8-10 players. The playing space is approximately 60 by 30 feet; two circles of 12-16 feet in diameter are drawn, one at each end, and are termed the " offside areas " ; the centre of each circle is marked by a hoop or chalk circle of 4 feet in diameter. Another chalk circle 6-8 feet in diameter, drawn in the centre of the playing area is termed the " target circle". Of each team, one player acts as target player and stands in the hoop of the offside area of her own team, 3 others serve as guards and stand on the edge of their opponents' offside area, one stands just outside the target circle, her left shoulder towards her target player and the remainder position themselves in the playing space, each marking an opponent.



Game : The ball is bounced or thrown up between the two centre players. Each team aims to pass the ball up the court to their own target player, who must, when she receives it, have one foot within her hoop, not necessarily on the ground. When the target player secures the ball, she throws it from overhead, aiming to make it bounce directly within the target circle. If she succeeds, her side scores one point and the game is restarted from the centre ; if she fails, the game continues without a pause.

When the target player is aiming at the target circle, no other player may stand within three yards of the target circle until the ball has bounced once, after which players may move as they choose. The guards are free to go where they like outside their offside area, but are responsible for marking the target player.

Rules :

(i) No player other than the target player may enter the offside area.

Penalty : For an offence by (*a*) a guard, the opposing target player takes a free shot at the target circle ; (*b*) a player of the same side as the target player, one of the opposing guards takes a free pass from where the offence occurred.

(ii) Running with the ball is not allowed.

Penalty : A free pass to the opposing team taken from where the offence occurred.

(iii) No rough play, e.g., barging, knocking the ball out of an opponent's hand, etc., is allowed.

Penalty : The opposing target player takes a free shot at the target circle.

(Kindly contributed by Mrs. B. Richter).

H

CHANGE HOCKEY

Apparatus : Four shinty sticks or walking sticks with crook handles, one improvised ball (stuffed material).

Formation : Two teams of 8-12 players. Two goal lines are drawn, one at each end of the playing area, and a goal 6 feet wide is marked by chairs in the middle of each. The players stand in twos behind their own goal line and the ball and the four sticks are placed in the centre of the pitch.

Game : The right hand couple of each team run out, pick up the sticks and try to hit the ball through their opponents' goal. When the umpire calls " Change ! " the playing couples drop their sticks and return to the left-hand end of their own teams, whilst the couples then standing at the right-hand ends, run to the pitch and continue the game, without waiting for a further signal. If, after the word " Change ! " has been called, the ball continues rolling of its own accord and passes between the goal posts before the new defending couple can prevent it, a goal is allowed. After a goal has been scored, the game is re-started with the sticks and ball in the centre of the pitch. When all players have had one (or two) turns, the teams change ends. The team scoring the greater number of goals is the winner.

Rules :

(i) Dangerous play must not be allowed.

Penalty: A free shot at goal taken by one of the opposing couple, from where the offence occurred.

(ii) On the word " Change ! " the playing couples must stop *at once*, dropping their sticks exactly where they stand.

(iii) Kicking is not allowed.

Penalty: A free pass taken by one of the opposing couple, from where the offence occurred. This hit may not be taken at goal.

(iv) Players standing behind the base line must not in any way interfere with play.

N.B.—Too strict adherence to hockey rules will slow up the game and spoil its spirit.

SECTION VI

SPECIMEN GAMES LESSONS

A

Length of Lesson : 30 minutes.

Class Personnel : Girls aged 14-18, members of a youth group.

Facilities : Outdoors, on a hard court, or indoors.

Aim of Lesson : Primarily to give training useful as a lead-up to Netball.

I. GENERAL ACTIVITIES : (3 minutes) :

(*a*) In twos, A with one arm extended balancing a bean bag, ball or any other small object on her palm, walks (later runs) anywhere ; B follows and tries to snatch the bean bag. When she secures it, she places it on her palm and A chases her.

and/or

(*b*) Players in two ranks, B's 10 feet behind A's. B aims to catch A ; immediately she succeeds *or* when the whistle is blown, both players turn about and A chases B. Each player counts the number of times she touches her partner before the final whistle.

II. TECHNIQUE PRACTICES : (5 minutes):

Apparatus and Formation : One football between 5-8 players who stand round a chalk circle 20-30 feet in diameter, in the centre of which another circle of 10-16 feet in diameter is drawn.

Practices :

(*a*) Quick under- or overarm passing round the circle, clockwise or counter-clockwise as directed ; when the whistle is blown, the player holding the ball throws it so that it bounces in the centre circle. The player who fields the ball immediately starts it on its course round the circle again. Score one point for each successful circle throw plus the total number of passes caught.

(*b*) Two or three players from another group serve as guards and stand in the space between the two circles. A given number of passes are made across the circle (never to an adjacent player) and the ball is then aimed at the inner circle, the guards trying to intercept the throw. Score one point for each successful centre throw.

III. TEAM RACE : (7 minutes): "Under and Over Throw Relay." See Section II, p 16.

IV. MINOR GAME : (15 minutes): **"FUSILLADE"**—see Section V of "Games Worth Playing" (D. MacCuaig and Grant S. Clark).

B

Length of Lesson : 50 minutes.

Class Personnel : Girls aged 14-18, members of a youth group.

Facilities : Outdoors, on a rounders pitch.

Aim of Lesson : To lead up to the actual game of Rounders, 30 minutes of the total period being devoted to the game proper and the remainder to specific practices. (If the period were only 30 minutes in length, 10 minutes should be given up to practices).

I. GENERAL ACTIVITIES : If possible, one ball for each player, otherwise one between 2-4.

(*a*) Roll own ball forward, run after it and pick it up on the run, hand placed over it.

(*b*) In twos, throw and catch with both right and left hands,

(*c*) Throw own ball as high as possible getting well underneath it to catch it, keeping the hands low and in towards the chest.

(*d*) Throw own ball upward and forward and run forward to catch it.

II. TECHNIQUE PRACTICES :

In Twos :

(*a*) Pitch (i.e. bounce) the ball to each other.

(*b*) Throw ball to one or other side of partner so that she can practise moving quickly to get behind it as she catches it. Progress to short throws, the catcher having to run forward to catch the ball.

(*c*) A holds the ball, B stands at a stump or mark 12 feet away ; 4 or 5 other stumps are placed in line behind B, at intervals of 5 feet. A throws overarm to B, B returns the ball and moves back to the next stump and so on, the aim being to increase the length of throw and to return the ball accurately.

In Threes :

One bowler, one backstop and one batsman, using stick or hand ; the backstop standing immediately behind the batsman and the bowler 25 feet away from the batsman. The bowler bowls with correct action and according to Rounders rules ; the batsman, standing with her left shoulder towards the bowler stops (not hits) the ball with her stick or hand. After 6 good balls, players change places.

Coaching Points : Batsman : Keep eye on ball.

Bowler : No flick of wrist and vary type of ball.

Backstop : Stand close to the batter to catch the ball before it bounces.

III. GAME OF ROUNDERS :

The coach should have clearly in her mind the points which she wishes to accomplish during each game, although she should be ready to adapt to the requirements of the team. For example, the main teaching points for three consecutive games might be :—

First Game :

Batting Team : Correct stance and keeping eye on the ball.

Fielding Team : Covering other fielders.

Second Game :

Batting Team : Adjustment of stance according to where the batsman wishes to place the ball.

Fielding Team : Quick passing from one base to another in order to get more than one of the batting team out after each ball.

Third Game :

Batting Team : Adjustment of preliminary swing backward of arm according to whether the ball is fast or slow, i.e., for a fast bowler the stick should, at the start, be lifted backward in readiness.

Fielding Team : Moving towards a travelling ball, in order to save time. Variety in strength and height of balls bowled.

Coaches should make out a scheme of work for the season so that all technique and tactic practices are taken progressively in order to produce a high standard of play at the end of the season. Thus, each time the teams play, there will be something new for them to master and practice.

RECOMMENDED PUBLICATIONS

	Price	*Postage*
MISCELLANEOUS :		
"Games Worth Playing," by D. MacCuaig & Grant S. Clark ..	4/6	4d.
"Long Ball Rules"	3d.	1d.
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